U.S. Army Center for Health Promotion and Preventive Medicine

FORT JACKSON 1988 DATABASE
TECHNICAL REPORT NO. 29-HE-8093A-99

DATABASE DESCRIPTION
DEMOGRAPHICS, ANTHROPOMETRICS, RISK FACTORS, AND FITNESS MEASURES

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Readiness Thru Health

U.S. Army Center for Health Promotion and Preventive Medicine

The lineage of the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) can be traced back over 50 years. This organization began as the U.S. Army Industrial Hygiene Laboratory, established during the industrial buildup for World War II, under the direct supervision of the Army Surgeon General. Its original location was at the Johns Hopkins School of Hygiene and Public Health. Its mission was to conduct occupational health surveys and investigations within the Department of Defense's (DOD's) industrial production base. It was staffed with three personnel and had a limited annual operating budget of three thousand dollars.

Most recently, it became internationally known as the U.S. Army Environmental Hygiene Agency (AEHA). Its mission expanded to support worldwide preventive medicine programs of the Army, DOD, and other Federal agencies as directed by the Army Medical Command or the Office of The Surgeon General, through consultations, support services, investigations, on-site visits, and training.

On 1 August 1994, AEHA was redesignated the U.S. Army Center for Health Promotion and Preventive Medicine with a provisional status and a commanding general officer. On 1 October 1995, the nonprovisional status was approved with a mission of providing preventive medicine and health promotion leadership, direction, and services for America's Army.

The organization's quest has always been one of excellence and the provision of quality service. Today, its goal is to be an established world-class center of excellence for achieving and maintaining a fit, healthy, and ready force. To achieve that end, the CHPPM holds firmly to its values which are steeped in rich military heritage:

★ Integrity is the foundation
    ★ Excellence is the standard
        ★ Customer satisfaction is the focus
            ★ Its people are the most valued resource
                ★ Continuous quality improvement is the pathway

This organization stands on the threshold of even greater challenges and responsibilities. It has been reorganized and reengineered to support the Army of the future. The CHPPM now has three direct support activities located in Fort Meade, Maryland; Fort McPherson, Georgia; and Fitzsimons Army Medical Center, Aurora, Colorado; to provide responsive regional health promotion and preventive medicine support across the U.S. There are also two CHPPM overseas commands in Landstuhl, Germany and Camp Zama, Japan who contribute to the success of CHPPM's increasing global mission. As CHPPM moves into the 21st Century, new programs relating to fitness, health promotion, wellness, and disease surveillance are being added. As always, CHPPM stands firm in its commitment to Army readiness. It is an organization proud of its fine history, yet equally excited about its challenging future.

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13. ABSTRACT *(Maximum 200 words)*

This report describes a database collected on men and woman attending basic combat training at Ft. Jackson, SC in 1988. Included is a description of the database and descriptive information on questionnaire responses, anthropometric measures, physical fitness scores and clinic visits for injuries.

14. SUBJECT TERMS

Anthropometry, Physical Fitness, Injuries, Smoking Tobacco, Physical Activity

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FORT JACKSON 1988 DATABASE
TECHNICAL REPORT
REPORT SUMMARY

PURPOSE OF THIS REPORT

This technical report provides information and documentation about the data available in the various files of the Fort Jackson database. The purpose is not to present findings of the study, but instead to present the contents of the data files in a descriptive format. The data contents of this report are current as of Summer 1997.

PURPOSE OF THE STUDY

A longitudinal study was conducted at Fort Jackson, South Carolina in 1988, in order to examine the discrepancies between female and male entrance standards regarding body weight and performance success during basic training. A group of 2,003 subjects participated in the study, about half female and half male Army recruits.

Several objectives were proposed for this study regarding relationships between accession standards and retention standards and differences in military performance among females and males. Changes in accession standards were to be recommended, if needed, in addition to the potential use of body fat measurement as a screening tool for predicted performance among recruits. This study also included the examination of gender and race interaction with body weight/fat standards and performance.

As an expansion of this study, data were also collected on physical training-related injuries and other medical outcomes relating to excess body weight or body fat as predisposing risk factors in the incidence of injury.

METHODS OF THE STUDY

Study personnel began data collection on potential subjects at the reception station at Fort Jackson, where the nature of the study was explained and participation was solicited through informed consent. A survey questionnaire was then administered and various measurements were taken. Anthropometric measurements, body fat composition estimates, strength and flexibility measurements, and qualitative and quantitative morphologic assessments of the lower extremity were collected. More specifically, flexibility of the back and hamstrings was assessed and measured, along with gonimetric techniques utilized to obtain range of measurements of the foot. The survey questionnaire was utilized to obtain background

METHODS OF THE STUDY (continued)

demographics, prior and current physical activity history, and prior injury history before arrival at basic training.

During recruit basic training, study personnel collected unit files and training center records to record results of physical fitness test performances conducted four times during the eight week session. Records were also reviewed for any administrative actions regarding recruit discharges, recycles, and attrition.

Recruit medical records, including emergency department records, were examined by a physician at the end of basic training. All injury and illness clinic visits were documented for all study recruits, noting that the injury data would be used as a potential outcome measure for overweight or overfatness in recruits and to provide further information regarding gender-based injury rates. Data extraction was performed by study personnel and included date of injury, injury diagnosis and type, body part and side involved in the injury, disposition, days lost, and if available, information on treatment and confirmation of diagnosis.

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FORT JACKSON 1988 DATABASE
PUBLICATIONS UTILIZING THESE DATA

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Bell NS, Mangione TW, Hemenway D, Amoroso PJ, Jones BH. High injury rates among female army trainees: A function of Gender? A thesis submitted to the faculty of The Harvard School of Public Health 1994.

FORT JACKSON 1988 DATABASE
APPENDICES DESCRIPTIONS

APPENDIX A   Protocol

"**Longitudinal Assessment of Body Weight/Fat Procurement Standards**": Purpose is to examine discrepancies between female and male procurement standards for body weight and the standards for retention in military service. Procurement standards to be evaluated against physical fitness test performances in recruits and subsequent success during basic training and first unit assignment.

APPENDIX B   Questionnaire

Survey responses included assessment of background demographics, current and prior physical activity during the year before enlistment, health and past injuries, exercise and sports in the month prior to enlistment, and several miscellaneous questions requiring subjective responses from the recruits.

APPENDIX C   Data Collection/Extraction Forms

Included are data collection forms for separate anthropometric measurements of females and males, and daily training logs used by each unit for listing training activities, including duration and distance for running and/or marching. Data extraction forms used for medical record review of injuries and illnesses are also included.

APPENDIX D   Database Codebooks

Codebooks are presented for ten files maintained in the database, to include the main file, METS file, anthropometric file, physical training (PT) file, injury and illness files, and four remaining files containing questionnaire data (general history, health history, activity history, and miscellaneous history). Codebooks include field names, descriptions, missing values, calculations, formats and frequencies/means of responses. Included in this appendix are additional coding notations utilized to maintain consistent coding of injury and illness variables.

FORT JACKSON 1988 DATABASE
APPENDICES DESCRIPTIONS

APPENDIX E   **Tables and Histograms for Female Recruits**
                             Demographics, Anthropometrics, Risk Factors,
                             and Fitness Measures

Descriptive information for female recruits is presented in tabular form to include statistical data along with corresponding histograms or bar charts. Descriptive information includes demographics, anthropometrics, risk factors, and fitness measures for female recruits participating in the study.

APPENDIX F   **Tables and Histograms for Male Recruits**
                             Demographics, Anthropometrics, Risk Factors,
                             and Fitness Measures

Descriptive information for male recruits is presented in tabular form to include statistical data along with corresponding histograms or bar charts. Descriptive information includes demographics, anthropometrics, risk factors, and fitness measures for male recruits participating in the study.

APPENDIX A
PROTOCOL

PROGRAMMED RESEARCH AND RELATED ACTIVITIES

Section A - ADMINISTRATION

STUDY TITLE: Longitudinal assessment of body weight/fat procurement standards	LAB IDENTIFICATION NO.: PH-2-88

TYPE OF ACTIVITY OR RESEARCH:

[xx] Human (This research [ ] does [ ] does not fall within limitations of an approved Type Protocol

[ ] Animal   [ ] Laboratory

[ ] Other   [xx] Field

Estimated Starting Date: 1 June 1988	Estimated Completion Date: 1 June 1990	Review Date:

PERSONNEL: (List all personnel, with responsible investigator first. Estimate % time of each between start and completion dates.)

Maj Bruce H. Jones, MC   Responsible Investigator
SSG Calvin Witt   Co-principal Investigator
James A. Vogel, Ph.D.   Co-principal Investigator

SPECIAL SERVICES AND FACILITIES REQUIREMENTS: (Check pertinent blocks)

[ ] Animal (See USARIEM Memo 70-3)
[ ] Additional personnel including work period adjustments
[ ] Use of Radioisotopes
[ ] Contracts for services
[ ] Statistics
[ ] Computer (ADP Office)
[ ] Test Subjects
[ ] Volunteer statement
[ ] Medical Coverage
[ ] TDY Costs
[ ] Climatic Chambers Building
[ ] Chambers, ARIEM Building (Specify _____)

REMARKS:
This study is being carried out in response to a tasking from HQDA-Office of the Deputy Chief of Staff for Personnel (Military Personnel Management).

NOTE: Responsible investigator's signature below indicates that preliminary arrangements have been made and administrative and scientific lead times have been considered. The responsible investigator must confirm action on the above.

BRUCE H. JONES, MAJ, MC Date: 25 MAR 1988	JAMES A. VOGEL, PH.D. Date: 25 Mar 88
Submitted by (Responsible Investigator)	Recommend Approval/Disapproval: (Lab Dir)
Date:	Date:
Recommend Approval/Disapproval: (Work Unit Coordinator)	Recommend Approval/Disapproval (Assistant to CDR/DIR) JOHN P. CUSACK, CPT, MS Date:
Work Unit Title & No.: 123	Fiscal Approval/Disapproval: (Budget Officer)
Tech Proj. (MEM, RRS, ILIR) 3E162787A879	DAVID D. SCHNAKENBERG, COL, MS Date: 29 April 88
Cost Code:	Approved/Disapproved: (CDR/DIR)

Approval from higher headquarters required?   [ ] No   [ ] Yes (If yes, must await final approval from USAMR&DC)

Title: Longitudinal assessment of body weight/fat procurement standards

Abstract

This project examines the apparent discrepancy between men and women's procurement (entrance) standards for body weight and their link to the retention standards. The procurement standards will be evaluated against performance criteria related to success during initial training and unit assignment in the Army. Two thousand new entrants will be measured at the Fort Jackson Reception Station for height, weight, body fat, demographics, prior activity and injury history, strength, flexibility and leg/feet anatomy. Followup "performance" data will be collected at the end of basic training, end of advanced individual training and during the first year of the first unit assignment. This will include such information as discharge/recycle, injury and illness data, body fat, body weight, fitness test scores, attrition, re-enlistment eligibility and promotions. Results will be analyzed for possible recommendations for changes in procurement body weight standards and the establishment of new procurement body fat standards. This study will also be utilized to add to our current store of knowledge concerning the epidemiology of physical training related injuries, particularly the factor of gender.

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I. Introduction

The U. S. Army has two separate body weight standards, one for entrance into the Army, referred to as the procurement standard (AR40-501), and one for retention in the service as outlined in its Weight Control Program (AR600-9). For men, the procurement standard is approximately 30 lbs greater than the retention standard for a particular height, thus allowing the new recruit 3-6 months to meet the more demanding retention standard. The women's procurement standard, in contrast, is virtually identical to their retention standard and thus does not allow a "grace period" to meet the retention standard. The Army currently accommodates for this discrepancy by giving waivers to women for the procurement weight standard but seldom grants them to men.

Recognizing this apparent discrepancy in the maximal allowable weight procurement standards between men and women, the Director, Directorate of Accession Policy, Office of the Deputy Assistant Secretary of Defense for Military Manpower and Personnel Policy, requested in 1984 that the Defense Manpower Data Center (DMDC) examine the standards and this apparent discrepancy. Their study demonstrated that the rejection rate for exceeding procurement weight standards is six times greater in women than men. The DMDC study report (1) concluded that the higher rejection rates for women (because of body weight) were a consequence of a combination of a more restrictive standard for women as well as a more overweight pool of applicants relative to men. They suggested that equivalent standards could be established by using a percentage of the mean population body weight for each gender. The Army did not concur with this recommendation.

Pressure from the Office of the Secretary of Defense remained to resolve this apparent gender discrepancy in procurement weight standards. A meeting

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of key Army players (ODCSPER, DASA, OTSG) was convened on 27 May 1987 to further study this issue (3). This group concluded that: a) the procurement standards do need to be changed, b) the change should include a body fat component as exists in the retention system, and c) that a study should be done to evaluate the proposed changes. This committee's findings led a tasking to which this research protocol responds. This tasking requests the Exercise Physiology Division to examine current and proposed male and female procurement standards and determine the need for an accompanying body fat standard.

Rationale already exists upon which to justify an adjustment in women's body weight procurement standards. The more restrictive women's standards are already recognized by the fact that weight waivers are more often granted to women than to men (15.7% versus 1.1%) (4). Secondly, it has been shown that the median female recruit is at 95% of the maximal allowable weight (MAW) whereas the median male is at 75% of MAW (2). Thirdly, women's retention standards were recently adjusted upward by 5% without any adjustment in the procurement standard (male standards were not changed). Based on these three facts, it appears justified to adjust the women's standard upward without the need for any further data collection. However, this might give the appearance of being arbitrary as well as the fact that many questions remain unanswered. For example, attrition rates among women (21%) during basic training are about 50% higher than men (14%) (2). Data suggest that there is a mild 'U' shaped relationship between entry weight and attrition from all causes in men, but there is no such apparent relationship in women (2). Other studies support this (5,6) but data are limited.

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Data collected by our Institute show that both men and women tend to lose body fat during basic training (about 2 percentage points) but may or may not change their body weight depending on the amount of fat free mass that is developed (7,8). There is a need to more firmly establish the relation between entry body weight and body fat with subsequent outcomes, including attrition, training injuries and fitness scores during basic training. Unpublished data from this laboratory (Jones) indicate that percent body fat is a better predictor of physical fitness than body mass index. Jones has also found that percent body fat is related to attrition in female recruits. The relationship of initial body fatness to later referrals to the weight control program is not known and should be examined.

In summary, there is a need to re-examine the link between accession standards and retention standards and to validate these standards against performance outcomes.

In a separate tasking from the Department of the Army, the Exercise Physiology Division is examining the incidence of and risk factors for physical training-related injuries in new accessions. Since excess body weight or body fat is an important risk factor in physical training-related induced injuries, and, at the same time, injuries may be an important "performance" outcome upon which to base accession weight or body fat standards, it is planned to expand this study to include further data collection on the incidence of training injuries. The Exercise Physiology Division has previously conducted three major studies of Army populations concerned with various aspects of the incidence and predisposing risk factors for injuries related to physical training in initial entry (recruit) training: HURC protocols #159, 227, and 279. These studies have advanced our knowledge

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of the incidence rates of various types of injuries as a function of a variety of potential predisposing risk factors, e.g., prior activity history, physical fitness level, prior injuries, anatomic deviations, age, gender, footwear, body weight and body fat, and the volume and mode of training. HURC #279 presents a detailed review of literature on these factors. An attached information paper (Appendix A) provides a further review. Inclusion of injury data in addition to discharge and recycle data in this study will further advance our knowledge of these risk factors, and, in particular, as an outcome of varying degrees of overweight vs. overfatness.

IV. Objectives

The objectives of the proposed investigation are:

a. Establish the relation between accession weight-height values and subsequent military performance (success in BT, AIT and first assignment) as a function of gender.

b. Determine the appropriate relationship between accession standards and retention standards.

c. Determine if a measure of % body fat (as a secondary screen) should be added to the accession standard as it is for the retention standard.

d. Recommend appropriate accession standards for men and women based on predicted performance (without considerations of manpower availability and requirements).

e. Ensure that recommended standards give equal treatment to the three primary racial groups.

VI. Design

Sample and Sample Size

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The interaction of gender and race on the relationship between weight or fat standards and performance will be studied. Statistical power analysis to determine the needed population sample size has shown that a sample of about 600 accessions per group is required, based on projected attrition rates of 20% for women and 15% for men. However, it is not practical to accumulate male and female Hispanic samples of 600 each and furthermore probably is not necessary. Recent research from this laboratory (10) indicates that body composition variables of Hispanics track very closely with Whites while Black data appear to be different. Thus, we are proposing that only two racial groups be sampled and analyzed; Black and White/Hispanic. Thus, with two gender groups and two racial groups, or a total of 4 groups x 600 per group, a total sample size of 2400 will be required for the study.

Range restriction

The validity and potential statistical power of these data will be hampered by not being able to include individuals in the upper weight range because they are barred from enlistment due to the current weight standard. The use of a more liberal waiver policy for excess weight during the course of this study is not possible. This problem will be dealt with through statistical extrapolation procedures (9) even though assumed linearity may be a problem.

Data collection plan

All new accession data collection/measurement will be carried out at a single reception station, Ft. Jackson, S.C., that will provide a heterogenous male and female sample. Rather than random sampling, total sampling will be carried out, minus those not wishing to volunteer (usually less than 1%) until the sample size quota is met in each of the sample groups. Each new accession

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that is sampled will have their records tagged to enable acquisition of their subsequent performance data. "Hands-on" measurements will be made only at the reception station and at end-of-cycle at the basic training center. All other data will be obtained from the respective unit and individual medical files.

Prior to the initiation of the data collection, each accession will be briefed on the nature and extent of measurements to be made, the information being requested via questionnaire and the information that will be extracted from their medical file and unit training records. Their written informed voluntary consent will be requested. Those not giving their consent will be excluded from the study.

Measurements and data to be collected:

1. At Reception Station

Height	Demographics	Anatomy Exam of feet and legs
Weight	Activity History Flexibility measures
% body fat	Prior injury
Strength measures.	

2. At Basic Training Center and Advanced Individual Training location

Discharge/recycle data	Physical Fitness Test Scores
Injury data	Training log data
Weight	% Body fat
Medical record data	

3. During first unit assignment tour

Attrition	Re-enlistment eligibility
Weight	Injury/illness data
Physical Fitness Scores	Promotion/grade
Weight control program	Training program data
Medical record data	

VII. Measurements

1. Background demographic information, prior and current physical activity history and prior injury history will be collected via the administration of a questionnaire (see Appendix B).

2. Height and weight

Stature will be measured with a calibrated anthropometer with the subject standing erect in stocking feet. Body weight will be measured to the nearest 0.1 kilograms on a calibrated electronic balance in shorts, T-shirt and stockings. Body mass index (weight/height^2) will be calculated.

3. Percent body fat will be estimated by the current Army procedure of body circumference measurements. This involves neck and abdominal circumference for men and hip, neck, forearm and wrist circumferences for women. Circumferences will be measured with a Gulich spring-loaded tape measure by a trained technician.

4. Leg and feet anatomy - qualitative and quantitative morphological assessment of lower extremity anatomy will be made.

a. qualitative assessment of the lower extremity:

i. Feet - an experienced clinician will categorize subjects as exhibiting flat (per planus), normal, or high arched (per cavus) feet.

ii. Legs - subjects legs will be categorized by appearance as bowed legs (genu varum), normal legs, or knock-kneed (genu valgum). These subjective ratings will be compared to the quantitative ones described below.

b. quantitative assessment of the lower extremity:

i. Feet - subjects will stand on a plexiglas grid with mirrors attached such that a single photograph will show three views of the foot (sole, heel, and medial side). The technology will be provided by the

Nike Shoe Research Laboratories (see Appendix C). These pictures will be digitized for measurement and morphological assessment. Pictures will be taken in the loaded (weight bearing) and unloaded state.

ii. Legs - anterior and lateral photographs of the whole body will be taken with key reference landmarks of the lower extremity (anterior iliac spines, lateral femoral condyles, mid-point of the patella, tibial tuberosity, medial and lateral malleoli) marked (see Appendix C, Fig. 2). Subjects will be photographed standing erect in shorts and bare feet with heels three inches apart and in 15 degrees of external rotation. These photographs will be digitized using the reference landmarks so that leg lengths, Q-angles, angulation of the thigh with the leg, and internal and external rotation of the knees can be quantified (12, 13, Appendix C - Fig. 3).

5. Flexibility and Range of Motion

a. Flexibility of the back and hamstrings - for this measure subjects will be instructed to sit on the floor with legs extended and feet resting with soles against the wall of a box. A ruler will extend from the box 30 cm towards them in the midline of their body. They will be instructed to reach forward on the ruler as far as they can without discomfort. The maximum forward reach of their finger tips will be measured three times and averaged (13, 14, Appendix D). Appendix 3).

b. Range of motion of the foot - standard gonimetric techniques will be used to assess the range of action of the foot. Subjects will sit on a flat elevated surface (table) with legs extended. In this position the foot will be dorisflexed until resistance is met, a goniometer will be used to measure the angle between the mid-line of the lateral leg and the lateral line

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parallel to sole of the foot. The foot will then be plantar flexed and a measure of the angle of the same reference lines will be made (12, see Appendix D, Fig. 2). see Appendix 3), Fig. 2).

6. An estimate of general body strength will be obtained from a measurement of maximal isometric handgrip strength. Maximal handgrip force correlates well with overall body muscular strength. Isometric handgrip strength will be measured using the technique described by Ramos and Knapik (11). The handgrip device has an adjustable grip connected to a load cell transducer and digital readout. The subject sits in front of a table holding the device with his/her forearm horizontal on the table top. The subject is asked to rapidly exert maximum pressure on the grip without jerking and continuing the pressure for several seconds until a peak force is obtained. Three readings are averaged with brief rest periods intervening.

VIII. Records data collection

During the follow-up phases, it will be necessary to extract information from unit and individual records, as follows:

1. The medical records for each participant will be examined by a physician at the end of basic training, end of advanced individual training and at the completion of one year of their first unit assignment. Emergency room records will also be examined to be sure that all data has been captured. Data extracted from the medical record will include diagnosis date of visit, locations of injury, disposition, treatment, and any confirmation of diagnosis.

2. Unit files and training center records will be reviewed for any administrative type action on any participant, e.g., discharges, recycles, weight control program, promotion, etc. Unit files will also be reviewed to yield physical training logs and physical fitness test scores at the same three time points mentioned above.

IX Statistical Analysis

An univariate analysis of male vs. female, white-male versus black-male and white-female vs. black-female, and high scores vs. low scores for predictive/risk factors (high % body fat, weight, physical fitness level, etc.) of injury, discharge, recycle, etc. Multivariate analysis with Mantel-Haenszel Chi Squares and logistic regression to control for confounding factors and to weigh the relative effects of multiple risk factors, will be carried out using BMDP and SPSSX statistical packages.

X Medical Safety

The physical measurements used in this study, back and hamstring flexibility, foot range of motion, handgrip strength and circumference measures are non-invasive and pose no significant threat of injury to the subject.

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APPENDIX A

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INFORMATION PAPER

RISKS OF INJURY ASSOCIATED WITH PHYSICAL TRAINING AND EXERCISE IN MILITARY AND CIVILIAN POPULATIONS

Introduction

This paper will provide an overview of the epidemiologic evidence regarding the risks of injury associated with physical training and exercise in military and civilian populations.

It has been known for some time that highly trained competitive athletes are likely to sustain "overuse" injuries (James et al., 1978). There is also an increasing awareness that individuals engaged in lower levels of physical activity, including soldiers in the Army or civilian runners or joggers and other fitness groups, are susceptible to these types of injuries as well (Bensel 1976, Bensel 1983, Kowal 1980, Dziados 1986, Clement 1981, Koplan 1982.

In addition to simple overuse injuries, physical activity may also result in more serious impairments (e.g., stress fractures) that can require prolonged intervals of time for healing and rehabilitation.

Interest in injuries resulting from physical activity has increased in recent years as the population of exercise conscious adults has grown and as the military has placed increasing emphasis on weight-bearing activities such as running. Injuries related to this activity include stress fractures, achilles tendonitis, plantar faciitis and patellar femoral syndrome, among others (Jones 1983, Clement 1981, Pagliano 1980). Although specific injuries such as these are of interest, the focus of the following discussion will be on the magnitude of the injury epidemic in active populations and risk factors for musculoskeletal injuries in general.

Magnitude of the Injury Epidemic

Military Studies

In trained soldiers at Ft. Lewis, Washington, LTC Pitt Tomlinson has reported 80 musculoskeletal injuries per 100 troop-years, of which 55 percent or 45 per 100 troop-years were exercise or sports related. Rates among females were half those among males (Tomlinson 1986). This type of physical activity related injury accounted for 3,000 to 5,000 hospitalizations and 100,000 hospital days Army-wide in 1981 (Health of the Army Supplement 1981).

Much more information is available on basic training populations where the injury rates are much higher over the 8-week training cycle and are therefore of greater concern to the Army.

At Ft. Jackson in 1984 the cumulative incidence of injury among males over the 8-week cycle was 29 percent and for females it was 50 percent (Dziados 1986). These incidences were similar to those found by Bensel (1983) and Kowal (1980). Over half of these injured males and females were limited in their duties for one day or more. Ninety-two percent of the injuries among females and 88 percent of injuries among males were to the lower extremity. A total of 51 sick call visits were made by the 124 males over the 8-week cycle for a rate of 7.3 visits per 1000 troop-days. There were 136 visits by the 186 female trainees -- a rate of 13.1 visits per 1000 troop-days.

To illustrate the relative importance of injury versus illness, males and females together (n=310) suffered 580 days of limited duty due to injury versus only 42 due to illness over the 8-week course of basic training. The rates of limited duty due to injury for males and females were 14 days per 1000 troop-days and 45 days per 1000 troop-days, respectively.

Civilian Data

Ken Powell (1985) of the Centers for Disease Control has estimated that there are 12 million recreational runners in the United States. Koplan (1982), also of the CDC, found in a survey of 2500 runners that 37 percent were injured over the course of a year, with 13 percent of the males and 17 percent of the females seeking medical attention for their injuries. If these rates are characteristic for all recreational runners, it would be estimated that there are 4.6 million injuries suffered and 1.8 million medical consultations generated by this population annually.

Risk Factors for Injuries Related to Physical Activity

It should be clear from the foregoing discussion that training injuries are a significant problem for vigorously active individuals in both military and civilian populations. The big questions in both of these populations are to what degree can these injuries be prevented while developing physical fitness and what levels of risk are acceptable given the expected benefits. In order to understand and prevent these injuries, risk factors for injury must be identified. Some of these are listed in Table 1.

Training

Perhaps the most important variable to consider is training itself. The parameters varied to achieve a training effect are the intensity, duration and frequency of activity. These parameters also affect the likelihood of injury (James 1978, Brody 1980).

To determine the effect of frequency of training on injury rates and on endurance as measured by VO_2max, Pollock et. al. (1977) conducted a study holding the duration of training constant at 30 minutes/day at 85-90 percent of heart rate maximum over 5 months. They found that as training frequency increased from 1 to 3 to 5 days/week injury rates increased from 0 to 12 to 39 percent, respectively, while VO_2max increased from 8 to 13 to 17 percent.

In another experiment to determine the effect of duration of training on endurance capacity and injury rates, Pollock and his colleagues held the

frequency of training constant at 3 days per week at 85-90 percent of heart rate maximum. They observed that as duration of training increased from 15 to 30 to 45 minutes per day, injury rates increased from 22 to 24 to 54 percent, with increases of 9, 16 and 17 percent in VO_2 maximum at the end of the 5-month training period.

Duration of training can be measured either in terms of time or distance run. A survey of runners by Koplan et. al. in 1982 found that the incidence of injury increased as the miles run per week increase. Injury rates increased from 20 to 25 percent for males and females running 0-9 miles per week to 55 to 70 percent at 50+ miles per week.

From the preceding data it seems clear that injury rates can be expected to increase as frequency and/or duration of training increase.

However, for other risk factors the relationship to injury rates has not been as clearly established.

Equipment

It is likely that wearing the appropriate footwear for specific activities can influence rates of injury. However, the fact remains that no studies have examined the relationship of any type of footwear (shoes, boots, etc.) and the incidence of injury from an epidemiologic perspective.

Training Surface

Much mythology also exists regarding the best type of surfaces on which to train. Roads have been greatly maligned in the literature largely because of their hardness, whereas trails, tracks and grass have been touted as nearly ideal training surfaces. In regard to these latter surfaces, however, it should be kept in mind that they are all rough and unpredictable. Thus, they not only expose the runner to the threat of sudden traumatic injuries, such as ankle sprains, but increase biomechanical stress and strain due to compensatory postural adaptations to uneven surfaces, which may also be a cause of overuse injuries. Roads, which provide a level and predictable training surface, may not be the hazard to runners which they have been portrayed to be, especially if shock absorbent footwear is worn.

Physical Fitness

Physical fitness is probably an important factor in the causation or prevention of injury. However, what is important may not be just endurance conditioning but also muscle strength and skeletal conditioning.

In order to study the relationship of fitness to injury a prospective study of basic trainees was conducted at Ft. Jackson in 1984 (Dziados 1986). This was an exploratory study intended to generate further hypotheses and to gain more insight into training issues. This study examined the association between endurance and muscle strength and injury rates.

The measure of endurance was a 1-mile run, for which the median time among male trainees was 7 minutes with a range from 5.9 minutes to 11.5 minutes.

There appeared to be a trend of increasing risk of injury from the fastest quartile to the slowest quartile, and comparing quartiles 1 and 2 with quartiles 3 and 4 the risks were 13 percent versus 33 percent (p=.03).

This study also examined strength as measured by push-ups, and it appeared that those males in the highest quartile in numbers of push-ups were at the lowest risk of injury, 12 percent, versus 33 percent for the lower 3 quartiles (p=.03). Results for sit-ups were of marginal significance. A similar pattern of association was observed for women. Thus, the Ft. Jackson data suggest an association between low levels of fitness and injury during Army basic training. This factor clearly deserves further study.

For the military, injuries are not the only adverse outcomes of basic training that are related to physical fitness. The study at Ft. Jackson in 1984 also found an association between prior history of physical activity and incidence of discharge.

Using a questionnaire administered to basic trainees prior to the onset of training, it was found that trainees in the higher three quartiles of years of prior routine physical activity were at decreased risk of discharge, 15 percent, versus 37 percent for the lowest quartile (p<.01). Similarly, those who reported being currently active were at less risk of discharge (17%) as compared to those who were active in the past (30%) or those never active (60%), (p<.03).

Another fitness-related outcome that should be examined in basic training populations is the rate of recycling of trainees who do not meet minimum fitness standards at the end of the basic cycle.

Body Composition

Obesity has also been speculated to contribute to the risk of injury secondary to weight-bearing physical training. However, the evidence for this association is slim.

Bensel in a 1976 study of marines found that "obese" recruits were at 2.7 times the risk of heel contusions as normal-weight recruits. The only other reports in the military literature are anecdotal (Johnson 1963, Kowal 1980). Unpublished data from Ft. Jackson in 1984 suggest a possible association ·between increased incidence of injury and both low and high Body Mass Index.

Sex

It has been assumed in the past that women are at higher risk for training injuries than men. Because of such speculation women were prevented from competing in international distance running competition until the last decade.

Data from Army basic training populations have consistently found that women are at greater risk of injury in this environment. At Ft. Jackson in 1984 the relative risk of injury in women versus men was 1.7 (p<.0005), and this was consistent with Bensel's finding of a relative risk of 1.8 in 1983.

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The unanswered question is how to account for the discrepancies between the surveys of civilian runners mentioned earlier and these findings in Army trainees. It may be that sex per se is not the primary risk factor for women entering the Army, but rather that women have lower levels of fitness than men and higher percents of body fat.

Age

Increasing age is usually considered a risk factor for injury. However, at the Boston Marathon and other marathons, while older individuals may have been more prone to injury, the fact is that their injury rates at finishline medical areas have actually been lower.

At the 1984 Boston Marathon risks of injury decreased from 3.4 percent for men under 30 to 1.5 percent for those over 40 years old; risks also decreased from 12.4 percent to 9.1 percent for men and women in these same age groups at the Sheffield Marathon in 1982.

It is not clear how to explain these data except to say that older individuals at the Boston Marathon run slower and are more likely to drop out, suggesting that perhaps they modify their risk by judicious exercise practices.

Conclusion

In summary, injury rates are a significant consideration for any vigorously active civilian or military population. Furthermore, training parameters themselves are such an important element of risk that they should be well documented, along with injury rates, in all studies examining other risk factors.

If prevention is our concern the focus of our attention should be on modifiable risk factors such as mileage run, footwear, training surface, and changes in fitness level or body composition. For military populations, some of the long- and short-term objectives of physical training studies are outlined in Table 2.

Only a handful of studies on risks of injury have been done to date and further studies of specific populations and of general and specific risk factors are necessary.

TABLE 1

RISK FACTORS FOR PHYSICAL TRAINING INJURIES

EXTRINSIC RISK FACTORS:

    1. TRAINING PARAMETERS (rapid increases)

    2. EQUIPMENT (shoes, boots, etc.)

    3. TRAINING SURFACES (roads, grass, etc.)

INTRINSIC RISK FACTORS:

    1. LOW LEVEL OF FITNESS

    2. ANATOMY (flat feet, bow legs, etc.)

    3. BODY FAT (high percent)

    4. SEX (female)

    5. AGE (older)

    6. PRIOR INJURY (severe injuries)

TABLE 2

PHYSICAL TRAINING INJURY STUDIES

SHORT-TERM OBJECTIVES:

1. DEFINE MAGNITUDE OF THE PROBLEM FOR
    INDIVIDUALS AND THE ARMY

2. IDENTIFY RISK FACTORS

LONG-TERM OBJECTIVES:

1. ESTABLISH ACCEPTABLE RISKS -- MEDICAL,
    MILITARY AND FINANCIAL

2. ESTABLISH PREVENTIVE MEASURES

3. ESTABLISH SURVEILLANCE MECHANISM:
    MONITOR EFFECTIVENESS OF PREVENTION AND
    NEW HAZARDS

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APPENDIX   B

PHYSICAL ACTIVITY AND INJURY QUESTIONNAIRE

In this questionnaire you will be asked questions about yourself and your lifestyle. These will include questions about you, questions about your physical activities during leisure time and at school and work, and questions about your health and injuries you might have suffered before coming into the Army. You should read instructions carefully and answer all questions as directed. Use the number 2 pencil provided to mark your answers on the questionnaire you have been given. Only the first sheet of this questionnaire will have your name and Social Security Number on it. All the other sheets should have your subject number in the upper right corner. Your subject number is in the upper right corner of this page. Check to see that the number in the upper right corner of this first page is the same number that is at the top right corner of all the other pages of this questionnaire. If the number is absent or incorrect notify the monitor. Please print all answers clearly.

- -

I. GENERAL QUESTIONS

- -

NAME _____
　　　　Last　　　　　　　　　　　First　　　　　　　　　　　MI

SSN ____ ____ ____ - ____ ____ - ____ ____ ____ ____

DATE OF BIRTH ____/____/____　　　　AGE____　　　　SEX ____ Male
　　　　　　　　Mo　Day　Yr　　　　　　　　　　　　　　　____ Female

What STATE did you live in before entering the Army? _____
　　　　　　　　　　　　　　　　　　　　　　State, Territory or Country

1. EDUCATION: How much education have you had since starting high school? (give number of years of high school and college, technical school, Jr. college or other full time school or training, and years of graduation or last year attended.)

	NUMBER OF YEARS	YEAR OF GRADUATION (OR LAST YEAR)
HIGH SCHOOL	_____	_____
COLLEGE	_____	_____

2. WORK: Have you had a job in the last year? ☐ Yes ☐ No, if no go to question 3

If yes, give the name of your job or jobs starting most recent one, and list how many hours per week you work and which months of the year you worked that job.

JOB (name)	HOURS WORKED PER WEEK	MONTHS WORKED
		JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC JAN
_____	_____	☐☐☐☐☐☐☐☐☐☐☐☐☐
_____	_____	☐☐☐☐☐☐☐☐☐☐☐☐☐
_____	_____	☐☐☐☐☐☐☐☐☐☐☐☐☐

3. EDUCATION IN LAST YEAR: Were you in school in the last year?
   a. ☐ Yes ☐ No, if no go to question #4

   b. If yes, which months were you in school?
      Jan ☐ Feb ☐ Mar ☐ Apr ☐ May ☐ Jun ☐
      Jul ☐ Aug ☐ Sep ☐ Oct ☐ Nov ☐ Dec ☐
      Jan ☐

   c. Also, in the months you attended school how many days per week did you usually attend classes?
      _____ Days per week.

   d. And, about how many hours per day did you attend classes?
      _____ Hours per day.

4. NOT IN SCHOOL AND NOT WORK: Were there any months in the last year that you were not in school and also not working at a job?
   ☐ Yes ☐ No, if no go to question 5

   If yes, which months were you both unemployed and not in school?
   Jan ☐ Feb ☐ Mar ☐ Apr ☐ Mar ☐ Jun ☐
   Jul ☐ Aug ☐ Sep ☐ Oct ☐ Nov ☐ Dec ☐
   Jan ☐

- -

II. PHYSICAL ACTIVITIES, SPORTS AND FITNESS

- -

5. PHYSICAL ACTIVITY: In regard to physical activity, how would you describe your life before coming into the Army?
   ☐ Very active
   ☐ Active
   ☐ Average
   ☐ Not very active
   ☐ Inactive

6. FITNESS ACTIVITY: Have you ever exercised regularly just to keep physically fit in your life? Not including organized sports. (Regular exercise means exercise 2 or more days per week for 15 minutes or more at least 3 months of the year.)
   ☐ Yes ☐ No, if no go to the next question.

   If yes, what years did you exercise regularly to keep fit?
   ☐ 86 ☐ 85 ☐ 4 ☐ 83 ☐ 82 ☐ 81 ☐ 80 or Earlier

   And, what fitness exercise activities (running, aerobics etc.) did you do most often?
   Exercise activities: _____
   _____

7. SPORTS PARTICIPATION: When you were in high school or college did you participate in any of the following types of sports?

YEARS PLAYED
86 85 84 83 82 81 80 79 EARLIER

YES	NO		86	85	84	83	82	81	80	79	EARLIER
☐	☐	Did you participate in sports?	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	Sports with friends, "pick up" games	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	Intramural, non-varsity school sports	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	Varsity sports in school or college	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	Organized non-school team sports, like	☐	☐	☐	☐	☐	☐	☐	☐	☐

Organized non-school team sports, like YMCA or church league basketball, or American legion baseball etc.

8. ORGANIZED SPORTS: What organized sports did you participate in high school and/or college?
List them: _____
_____   _____

9. VARSITY LETTER: Did you receive a varsity letter in any high school or college sports?
☐ Yes ☐ No, if no go to next question.
If yes what sports _____

10. PHYSICAL FITNESS: How would you rate your current physical fitness compared to others of your age and sex?
☐ Excellent
☐ Above average
☐ Average
☐ Below average
☐ Poor

- -
III. PHYSICAL ACTIVITY IN SCHOOL, AT WORK, AND AT HOME
- -

11. WALKING: In the last year if you had to go someplace more than a 15 minute walk (3/4 of a mile or 9 blocks) away would you walk there?
☐ Always   ☐ Less than half the time
☐ More than half the time   ☐ Never
☐ Half the time

12. WEEKLY WALKING: In the last year about how many times per week did you walk more than 15 minutes without stopping? (Don't count walking for exercise or pleasure).
Number times walked per week _____

13. STAIRS: In the last year if you had a choice of walking up 3 floors of stairs or taking an elevator, how often would you walk up the stairs?
☐ Always   ☐ Half the time   ☐ Never
☐ More than half the time   ☐ Less than half the time

14. FLOORS OF STAIRS: In the average week over the last year about how many floors of stairs did you walk up?
Floors of stairs per week? _____

15. FLOORS STAIRS WALKED UP PER WEEK? In the average week how often did you walk up 2 or more floors of stairs at one time?
Number of times per week?_____

16. TRANSPORTATION: When you were in high school if you wanted to go someplace more than a 15 minute walk from home how often did you ride in a car.
   - ☐ Every time
   - ☐ Most times
   - ☐ Half the times
   - ☐ Few times
   - ☐ Never

17. DAYS PER WEEK CAR USED: When you were in high school about how many days a week did you drive your own car or a family car at least once?
   - ☐ Never
   - ☐ 1 or 2 days
   - ☐ 3 or 4 days
   - ☐ 5 or 6 days
   - ☐ 7 days

18. ACCESS TO CAR: In high school did you usually have access to a car when you wanted to go someplace.
   - ☐ Yes   ☐ No

19. YOUR OCCUPATION LAST YEAR: During the last year, would you describe the amount of physical activity required by your normal occupation (job, or school)? Check the one box which best describes your level of activity most of the year.
   - ☐ NO PHYSICAL ACTIVITY-unemployed, vacationing etc.
   - ☐ VERY LIGHT PHYSICAL ACTIVITY-student, typist, office worker, primarily sitting.
   - ☐ LIGHT PHYSICAL ACTIVITY-service person in store or restaurant, mostly standing or slow walking.
   - ☐ MODERATE PHYSICAL ACTIVITY-construction work, house painter, handyman, mechanic, work with moderate lifting and carrying.
   - ☐ HEAVY PHYSICAL ACTIVITY-miner, lumber jack, bricklayer, longshoreman, fisherman etc. Jobs requiring heavy lifting and carring or using shovels, picks, etc.

- -

IV. PHYSICAL ACTIVITIES IN LAST YEAR

- -

20. In the table below a number of physical activities and sports are listed. Read the list and check "YES" in front of any activities you did in the LAST YEAR. If you did not do an activity check "NO". Next go back to all activities you checked "YES", check the months in which you did the activity in the last year; give the number of weeks per months you did the activity;

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the number of days on the average per week you did the activity; and the number of minutes you did the activity on thosr days. Finally, in the last column rate the level of effort you usually exerted in doing the activity on a scale of 1 to 5 with:

1 = VERY EASY- breathing easy about same as a walk
2 = EASY- breathing and effort slightly more than a slow walk
3 = MODERATE- breathing definitely increased, but not more uncomfortable
4 = HARD- breathing hard, have to "puch" to keep going, sweating
5 = VERY HARD- breathing labored, very difficult to keep going, sweating heavily effort similar to an all out run.

Y E S	N O	ACTIVITY	MONTHS J A N	F E B	M A R	A P R	M A Y	J U N	J U L	A U G	S E P	O C T	N O V	D E C	J A N	WKS PER MO	DAYS PER WK	MIN PER DAY	EFFORT LEVEL
☐	☐	Walking	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Hiking/hunting	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Stream fishing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Bicycling	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Running/Jogging	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Calesthenics	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Stretching	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Weight lifting	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Karate/Judo	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Wrestling/Boxing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Tennis/Squash Raquetball etc.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Basketball	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Football/Rugby	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Soccer/Field hockey	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Rowing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Canoeing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Down hill skiing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Cross country Skiing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Water skiing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Volleyball	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Gymnastics	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Aerobic dance	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Ice skiting	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Roller skating	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Social dance	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___
☐	☐	Square dance	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___	___	___	___

			J F M A M J J A S O N D J	W/M	D/W	M/D	EFFORT
☐	☐	Bowling	☐☐☐☐☐☐☐☐☐☐☐☐☐	___	___	___	___
☐	☐	Golf	☐☐☐☐☐☐☐☐☐☐☐☐☐	___	___	___	___
☐	☐	Other. list:					
		_____	☐☐☐☐☐☐☐☐☐☐☐☐☐	___	___	___	___
		_____	☐☐☐☐☐☐☐☐☐☐☐☐☐	___	___	___	___
		_____	☐☐☐☐☐☐☐☐☐☐☐☐☐	___	___	___	___

- -

V. HEALTH AND PAST INJURIES

- -

21. LOST WORK OR SCHOOL DAYS: Have you ever been suffered an injury or accident that caused   you to stay home from school or work for one week or more?

☐ Yes

☐ No, If no go to next question

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

22. EXERCISE OR SPORTS INJURES: Have you ever suffered an exercise or sports related injury that caused you to decrease or quit practicing for 1 week or more?

☐ Yes

☐ No, if no go to next question.

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

23. SURGERY: Have you ever had an injury or accident that required surgery to repair the damage?

☐ Yes

☐ No, if no go to the next question

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

24. HOSPITALIZATION: Have you ever had an injury that caused you to be in the hospital over night?

☐ Yes

☐ No, if no go to the next question

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

25. INJURY: Have you ever been injured or had an accident to one of the following body parts which caused you to alter your daily activities or to miss school or work for several days? Check yes for those body parts injured this severely. Check no for those not injured this severely. Next for all those checked yes give in the spaces provided the name of the injury, the year of the injury, the days it took you to recover fully, if you got medical help (in an emergency room, a doctor's office, a physical therapist, etc.)

B-7

INJURED BODY PARTS			INJURY NAME	YEAR(S) OF INJURY	DAYS TO RECOVER	MED HELP	
YES	NO					YES	NO
☐	☐	Head	_____	_____	_____	___	___
☐	☐	Neck	_____	_____	_____	___	___
☐	☐	Chest	_____	_____	_____	___	___
☐	☐	Stomach	_____	_____	_____	___	___
☐	☐	Shoulder	_____	_____	_____	___	___
☐	☐	Arm	_____	_____	_____	___	___
☐	☐	Elbow	_____	_____	_____	___	___
☐	☐	Wrist	_____	_____	_____	___	___
☐	☐	Hand	_____	_____	_____	___	___
☐	☐	Back	_____	_____	_____	___	___
☐	☐	Hip	_____	_____	_____	___	___
☐	☐	Thigh	_____	_____	_____	___	___
☐	☐	Knee	_____	_____	_____	___	___
☐	☐	Calf	_____	_____	_____	___	___
☐	☐	Ankle	_____	_____	_____	___	___
☐	☐	Foot	_____	_____	_____	___	___

26. BACK AND LEG INJURIES: Have you ever had one of the following injuries to your back or legs? Check yes in front of those injuries you have suffered. Check no for those you have not had. For those you have checked yes give the name of the part of the leg injured, side of injury, R = Right and L = Left, the year of the injury, and the severity of the injury.

1 = Mild injury - mild means the injury did not effect your daily activities
2 = Moderate injury - moderate means the injury affected your daily activities for 1 to 7 days.
3 = Severe injury - severe means it affected your activities for more than 7 days or 1 week.

INJURED		TYPE INJURY	SIDE R OR L	PART OF LEG	YEAR INJURED	SEVERITY		
YES	NO					1	2	3
☐	☐	Broken bone	____	_____	_____	☐	☐	☐
☐	☐	Stress fracture	____	_____	_____	☐	☐	☐
☐	☐	Torn cartilage	____	_____	_____	☐	☐	☐
☐	☐	Torn ligaments	____	_____	_____	☐	☐	☐
☐	☐	Knee injury	____	_____	_____	☐	☐	☐
☐	☐	Sprained ankle	____	_____	_____	☐	☐	☐
☐	☐	Other sprain	____	_____	_____	☐	☐	☐
☐	☐	Tendonitis	____	_____	_____	☐	☐	☐
☐	☐	Ruptured tendon	____	_____	_____	☐	☐	☐
☐	☐	Muscle pull	____	_____	_____	☐	☐	☐
☐	☐	Other_____	____	_____	_____	☐	☐	☐
☐	☐	Other _____	____	_____	_____	☐	☐	☐

27. OTHER HEALTH PROBLEMS: Have you ever had a serious illness or health problem other than an injury?

☐ Yes

☐ No, if no go to next question

If yes, what was the health problem? _____

Also, what year did it occur? _____

28. COLDS OR FLU: Have you had a cold or flu in the last 2 weeks?

☐ Yes

☐ No

29. Fever: Have you had a fever in the last 2 weeks?

☐ Yes

☐ No

30. NAUSEA AND VOMITING, OR DIARRHEA: Have you had nausea with vomiting, and/or diarrhea in the last two weeks?

☐ Yes

☐ No

- -

VI. EXERCISE AND SPORTS IN THE LAST MONTH

- -

31. EXERCISE IN THE LAST MONTH: Over the last one month, how often did you exercise or play sports for 15 minutes or more?

☐ No exercise or sports in last month

☐ Less than once per week

☐ Two or three times per week

☐ Four or more times per week

32. CHANGE IN EXERCISE IN THE LAST MONTH: How did your level of exercise or sports participation in the last month compare to your usual level of the last year?

☐ Did much more exercise in last month

☐ Did more exercise in last month

☐ Did about the same amount of exercise

☐ Did less exercise in last month

☐ Did much less exercise in the last month

33. JOGGING AND RUNNING: In the last month, how many times did you run or jog more than 15 minutes actual running time?

☐ None, did not run or jog in last month

☐ About 1 time per week

☐ 2 to 3 times per week

☐ 4 or more times per week   ☐ Less than 1 time per week
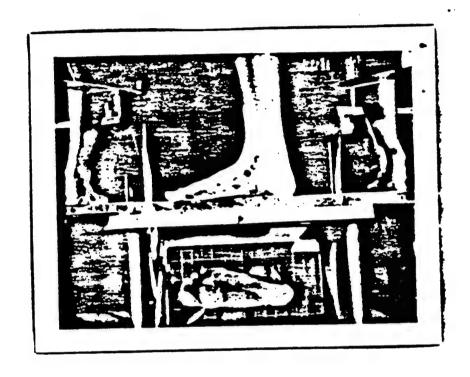
34. DISTANCE OF RUNNING AND JOGGING: In the last month, when you ran or jogged, about how far did you normally go (on an average basis)?

☐ Did not run or jog in the last month

☐ Less than 1 mile

☐ Between 1 and 3 miles

☐ 3 to 5 miles

☐ More than 5 miles

35. TIME RUNNING OR JOGGING: In the last month, when you ran or jogged, about how many minutes did you usually run on an average basis?

☐ Did not run or jog

☐ Less than 10 minutes

☐ Between 10 and 20 minutes

☐ Between 20 and 30 minutes

☐ More than 30 minutes

36. OTHER VIGOROUS ACTIVITIES AND SPORTS: In the last month did you do any vigorous exercises or sports other than running that caused you to breath heavily or break into a sweat?

☐ Yes

☐ No, if no go to next question

If yes, what exercise or sports? _____
And, how many times per week? _____

VII. MISCELLANEOUS QUESTIONS
----

37. BOWED LEGS: Are you more bow legged than most people of your sex?

☐ Yes

☐ No

38. KNOCK KNEES: Are you more knock kneed than most people of your same sex?

☐ Yes

☐ No

39. FLAT FEET: Do you have flatter feet (lower arches) than most people of your sex?

☐ Yes

☐ No

40. HIGH ARCHES: Do you have higher arches than most people of your same sex?

☐ Yes

☐ No

41. FOOT PROBLEMS: Do you have problems with your feet that cause you to limit your daily activities some times?

   ❑ Yes

   ❑ No

42. BACK PAIN: Do you have back pain that cause you to limit your daily activities sometimes?

   ❑ Yes

   ❑ No

43. WEIGHT: How much do you weigh? _____ lbs.

44. HEIGHT: What is your height in inches? _____ ins.

45. HANDEDNESS: Are you right or left handed?

   ❑ Right

   ❑ Left

   ❑ Both

46. FOOTEDNESS: Which foot do you prefer to kick a ball with or make a long jump from?

   ❑ Right foot

   ❑ Left foot

   ❑ Both

47. BRAND OF TRAINING SHOES: What brand of training shoes did you buy or bring with you to wear during Army physical training?

   Brand name _____

   Model _____

48. Are your exercise or training shoes made for running?

   ❑ Yes

   ❑ No

   If no, what sport or activity is your training shoes made for?
   Type of shoe: _____

49. COST OF TRAINING SHOE: About how much did your training shoe cost (to the nearest dollar)?

   Cost in dollars _____

50. AGE OF YOUR TRAINING SHOES: About how long ago did you buy your training shoes?

   ❑ Brand new

   ❑ Less than one week

   ❑ One week to one month

   ❑ More than one month but less than six months

   ❑ Six months to one year

   ❑ More than one year
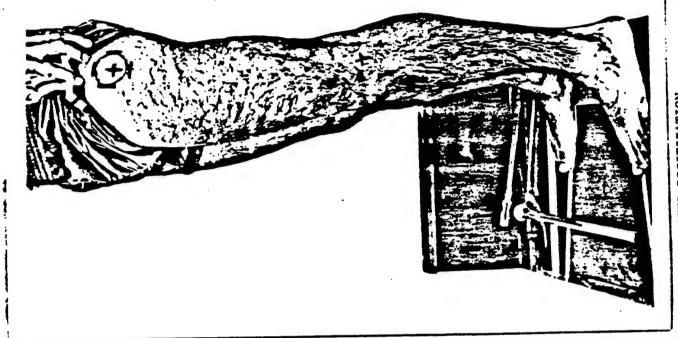
51. How well do you think you will fit into the army?
    - ☐ Extremely well
    - ☐ Well
    - ☐ Alright
    - ☐ Not to well
    - ☐ Poorly

52. How do you think your physical condition compares to others coming into the Army for the first time?
    - ☐ Much better than most
    - ☐ Better than most
    - ☐ About the same
    - ☐ Worse than most
    - ☐ Much worse than most

53. Have you been in the Army before?
    - ☐ Yes
    - ☐ No

    If yes what years? _____, _____, _____

54. Were you in a Fitness Training Unit in the last month?
    - ☐ Yes
    - ☐ No

55. Have you smoked one or more cigarettes in the past year?
    - ☐ Yes
    - ☐ No, if no go to next question.

    If yes, how many years have you smoked one or more cigarettes? _____

56. In the one month before coming in the Army, on the average, how many cigarettes did you smoke each day? _____

57. During this one month before coming in the Army, what kind of cigarettes did you usually smoke?
    - ☐ Non-Filter   ☐ Regular Filters   ☐ Low-Tar

58. ETHNIC GROUP: What most closely describes your ethnic or racial group?
    - ☐ White, non-hispanic
    - ☐ Black, non-hispanic
    - ☐ Hispanic
    - ☐ American Indian/Eskimo
    - ☐ Oriental/Asian   ☐ Other

    THANK YOU FOR YOUR RESPONSES AND GOOD LUCK WITH YOUR ARMY CAREER.

APPENDIX   C

— FIG 1. FOOT MORPHOLOGY PHOTOGRAPHIC PLATFORM
WITH 4 SIMULTANEOUS VIEWS OF THE FOOT
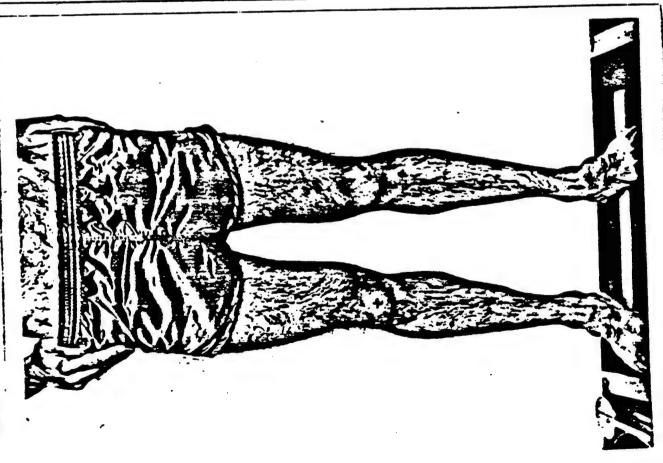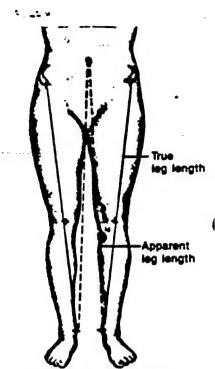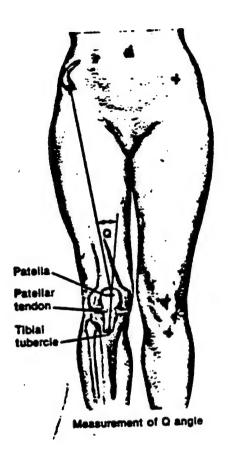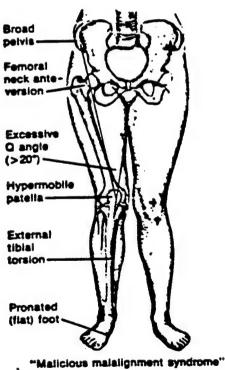
FIG 2. LOWER EXTREMITY ANATOMY WITH LANDMARKS FOR PHOTGRAPHING AND LATER DIGITIZATION

C-3

Measurement of true (antero-superior iliac spine to medial malleolus) and apparent (umbilicus to medial malleolus) leg lengths.

True leg length

Apparent leg length

Measurement of Q angle

Patella

Patellar tendon

Tibial tubercle

"Malicious malalignment syndrome"

Broad pelvis

Femoral neck ante-version

Excessive Q angle (>20°)

Hypermobile patella

External tibial torsion

Pronated (flat) foot

FIG 3. SOME MEASUREMENTS TO BE MADE FROM DIGITIZED PHOTOGRAPHS

APPENDIX   D

Measurement of hip, spine, hamstring and calf muscle flexibility. Bending board illustrated is helpful

- FIG 1. FLEXIBILITY MEASURING DEVICE FOR BACK, AND HAMSTRINGS

- FIG 2. MEASURE OF ANKLE RANGE OF MOTION (calf flexibility)

- FIG 2. MEASURE OF ANKLE RANGE OF MOTION (calf flexibility)

APPENDIX B
QUESTIONNAIRE

PHYSICAL ACTIVITY AND INJURY QUESTIONNAIRE

In this questionnaire you will be asked about yourself and your lifestyle. This will include questions about you, questions about your physical activities during leisure time and at school and work, and questions about your health and injuries you might have had in the past. You should read instructions carefully and answer all questions as directed. Use the pencil provided to mark your answers on the questionnaire you have been given. Only the first sheet of this questionnaire will have your name and Social Security Number on it. All the other sheets should have your subject number in the upper right corner. Your subject number is in the upper right corner of this page. Check to see that the number in the upper right corner of this first page is the same number that is at the top right corner of all the other pages of this questionnaire. If the number is absent or incorrect notify the monitor. Please print all answers clearly.

I. GENERAL QUESTIONS

NAME _____
     Last   First   MI

SSN: _____ _____ _____-_____ _____-_____ _____ _____

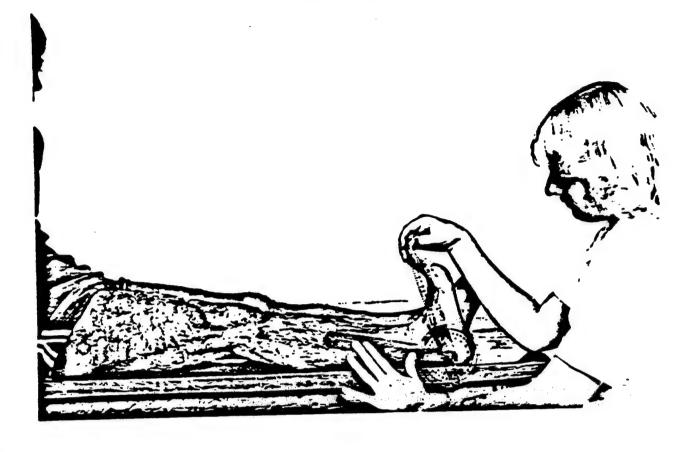DATE OF BIRTH ___/___/___   AGE_____   SEX ___ Male
              Mo Day Yr   ___ Female

What STATE did you live in before entering college? _____
                                                   State, Territory or Country

1. EDUCATION: What is the total number of years of school you have complete? Count high school diploma as 12, college degree as 16. If GED, write in GED. ANSWER: _____

	YES	NO	IF YES,YEAR
Did you graduate from high school?	☐	☐	_____
Did you graduate from a Jr. college, tech or trade school. (Please circle type of school.)	☐	☐	_____
Did you graduate from college (BA,BS, etc.)?	☐	☐	_____

2. WORK: Give the name of your last job, and list how many hours per week you worked, the last year you worked, and which months of the year you worked that job.

JOB (name)	HOURS WORKED PER WEEK	YR	MONTHS WORKED
			J F M A M J J A S O N D
			A E A P A U U U E C O E
			N B R R Y N L G P T V C
_____	_____	__	☐☐☐☐☐☐☐☐☐☐☐☐

Short description of work: _____

_____

Type of business: _____

- -
II. PHYSICAL ACTIVITIES, SPORTS AND FITNESS
- -

3. PHYSICAL ACTIVITY: In regard to overall physical activity, how would you describe your life before coming into the Army?

- ❏ Inactive
- ❏ Not very active
- ❏ Average
- ❏ Active
- ❏ Very active

4. SPORTS PARTICIPATION: Did you participate in any of the following types of sports?

YEARS PLAYED

YES NO   88 87 86 85 84 83

❏ ❏ Varsity sports in school or college   ❏ ❏ ❏ ❏ ❏ ❏

❏ ❏ Non-Varsity Organized sports, like YMCA   ❏ ❏ ❏ ❏ ❏ ❏
or church league basketball, or intramural
teams or American legion baseball. Includes
other competitive individual activities (eg
Bike racing, competitive running or weight lifting)

5. ORGANIZED SPORTS: What organized sports did you participate in while in high school and/or college? (This includes non-school sports)
List them: _____

_____

6. VARSITY LETTER: Did you receive a varsity letter in any high school or college sports?

- ❏ No   If no, wait for the next question.
- ❏ Yes   How many years were you a starter? _____

If yes what sports? _____

7. PHYSICAL FITNESS: How would you rate your current physical fitness compared to others of your age and sex?

❏ Poor   ❏ Below average   ❏ Average   ❏ Above average   ❏ Excellent

8. FITNESS ACTIVITY: Have you ever exercised regularly just to keep physically fit? This does not include organized sports. (Regular exercise means exercise 2 or more days per week for 15 minutes or more at least 3 months of the year.)

❏ Yes   ❏ No   If no, wait for the next question.

If yes, what years did you exercise regularly to keep fit?

❏ 88   ❏ 87   ❏ 86   ❏ 85   ❏ 84   ❏ 83

What fitness exercise activities (running, aerobics etc.) did you do most often?
Exercise activities: _____

III. PHYSICAL ACTIVITY IN SCHOOL, AT WORK, AND AT HOME

---

9. YOUR OCCUPATION LAST YEAR: During the last year, would you describe the amount of physical activity required by your normal occupation. Check the one box which best describes your level of activity most of the year.

☐ SEDENTARY - Lifting 10 lbs. maximum and occasionally lifting light objects. Defined as one which involves sitting. A certain amount of walking and standing is often necessary in carrying out job duties. (Secretarial, typing, bookkeeping)

☐ LIGHT WORK - Lifting 20 lbs. maximum with frequent lifting and/ or carrying of objects weighing up to 10 lbs. Requires walking or standing to a significant degree, or involves sitting most of the time with a degree of pushing and pulling of arm and/or leg controls. (Retail sales, waiter/waitress/, short order cook, gas station attendent)

☐ MEDIUM WORK - Lifting 50 lbs. maximum with frequent lifting and/or carrying of objects weighing up to 25 lbs. (Machinist, bricklayer, carpenter, cook)

☐ HEAVY WORK - Lifting 100 lbs. maximum with frequent lifting and/or carrying objects weighing up to 50 lbs. (Jackhammer operator, yard worker, frame carpenter, pipe fitter)

☐ VERY HEAVY WORK - Lifting objects in excess of 100 lbs. with frequent lifting and/or carrying of objects weighing 50 lbs. or more. (Miner, laborer, furniture mover)

IV. PHYSICAL ACTIVITIES IN LAST YEAR

---

10. In the table below a number of physical activities and sports are listed. Please follow the instructions given and complete each part as directed. Read the list and check "YES" in front of any activities you did in the LAST YEAR. If you did not do an activity check "NO". Next, go back to all activities you checked "YES". Check the months in which you did the activity in the last year; Then give the number of weeks per months you did the activity; the number of days on the average per week you did the activity; and the number of minutes you did the activity on those days. Finally, in the last column rate the level of effort you usually exerted in doing the activity on a scale of 1 to 5 with:

1 = VERY EASY - breathing easy, about same as a walk
2 = EASY - breathing and effort slightly more than a slow walk
3 = MODERATE - breathing definitely increased, but not uncomfortable
4 = HARD - breathing hard, have to "push" to keep going, sweating
5 = VERY HARD - breathing labored, very difficult to keep going, sweating heavily, effort similar to an all out run.

YES	NO	ACTIVITY	MONTHS J F M A M J J A S O N D J	WKS PER MO	DAYS PER WK	MIN PER DAY	EFFORT LEVEL
☐	☐	Walking	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Hiking/hunting	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Stream fishing	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Bicycling	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Running/Jogging	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____

			J F M A M J J A S O N D J	W/M	D/W	M/D	EFFORT
☐	☐	Calesthenics	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Stretching	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Weight lifting	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Karate/Judo/ Martial arts	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Wrestling/Boxing	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Tennis/Squash Raquetball etc.	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Basketball	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Football/Rugby	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Soccer/Field hockey	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	
☐	☐	Rowing	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Canoeing	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Down hill skiing	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Cross country Skiing	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Water skiing	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Swimming	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Volleyball	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Gymnastics	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Aerobic dance	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Ice skating	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Roller skating	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Social dance	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Square dance	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Bowling	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Golf	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
☐	☐	Other. list:					
		_____	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
		_____	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____
		_____	☐☐☐☐☐☐☐☐☐☐☐☐☐	____	____	____	____

- -

V. HEALTH AND PAST INJURIES

- -

11. LOST WORK OR SCHOOL DAYS: Have you ever suffered an injury or accident that caused you to stay home from school or work for one week or more?

    ☐ Yes ☐ No   If no, wait for the next question.

    If yes, what was the most recent injury? _____
    Also, what year did it occur? _____

12. EXERCISE OR SPORTS INJURES: Have you ever had an exercise or sports related injury that caused you to decrease or quit practicing for 1 week or more?

❑ Yes

❑ No   If no, wait for the next question.

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

13. SURGERY: Have you ever had an injury or accident that required surgery to repair the damage?

❑ Yes

❑ No   If no, wait for the next question.

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

14. HOSPITALIZATION: Have you ever had an injury that caused you to be in the hospital over night?

❑ Yes

❑ No   If no, wait for the next question.

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

15. INJURIES: Have you ever been injured or had an accident to one of the following body parts which caused you to alter your daily activities or to miss school or work for several days? Check yes for those body parts injured this severely. Check no for those not injured this severely. Next, for all those checked yes, give in the spaces provided the name of the injury, the year of the injury, the days it took you to recover fully, and if you got medical help (in an emergency room, a doctor's office, a physical therapist, etc.)

INJURED BODY PARTS			INJURY NAME	YEAR(S) OF INJURY	DAYS TO RECOVER	MED HELP	
YES	NO					YES	NO
❑	❑	Head	_____	_____	_____	_____	_____
❑	❑	Neck	_____	_____	_____	_____	_____
❑	❑	Shoulders	_____	_____	_____	_____	_____
❑	❑	Upper arm	_____	_____	_____	_____	_____
❑	❑	Lower arm	_____	_____	_____	_____	_____
❑	❑	Hand	_____	_____	_____	_____	_____
❑	❑	Chest	_____	_____	_____	_____	_____
❑	❑	Upper back	_____	_____	_____	_____	_____
❑	❑	Lower back	_____	_____	_____	_____	_____
❑	❑	Stomach	_____	_____	_____	_____	_____
❑	❑	Hip	_____	_____	_____	_____	_____
❑	❑	Thigh	_____	_____	_____	_____	_____
❑	❑	Knee	_____	_____	_____	_____	_____

INJURED BODY PARTS			INJURY NAME	YEAR(S) OF INJURY	DAYS TO RECOVER	MED HELP	
YES	NO					YES	NO
☐	☐	Calf	_____	_____	_____	___	___
☐	☐	Ankle	_____	_____	_____	___	___
☐	☐	Foot	_____	_____	_____	___	___

16. **BACK AND LEG INJURIES:** Have you ever had one of the following injuries to your back or legs? Check yes in front of those injuries you have suffered. Check no for those you have not had. For those you have checked yes, for the most recent injury, give the name of the part of the leg injured, side of injury, R = Right, L= Left, B=Both the year of the injury, and the severity of the injury.

1 = MILD INJURY - mild means the injury did not effect your daily activities
2 = MODERATE INJURY - moderate means the injury affected your daily activities for 1 to 7 days.
3 = SEVERE INJURY - severe means it affected your activities for more than 7 days or 1 week.

INJURED		TYPE INJURY	SIDE R, L, B	PART OF LEG	YEAR INJURED	SEVERITY		
YES	NO					1	2	3
☐	☐	Broken bone	____	_____	_____	☐	☐	☐
☐	☐	Stress fracture	____	_____	_____	☐	☐	☐
☐	☐	Torn cartilage	____	_____	_____	☐	☐	☐
☐	☐	Torn ligaments	____	_____	_____	☐	☐	☐
☐	☐	Knee injury	____	_____	_____	☐	☐	☐
☐	☐	Sprained ankle	____	_____	_____	☐	☐	☐
☐	☐	Other sprain	____	_____	_____	☐	☐	☐
☐	☐	Tendonitis	____	_____	_____	☐	☐	☐
☐	☐	Ruptured tendon	____	_____	_____	☐	☐	☐
☐	☐	Muscle pull	____	_____	_____	☐	☐	☐
☐	☐	Other_____	____	_____	_____	☐	☐	☐
☐	☐	Other _____	____	_____	_____	☐	☐	☐

17. **SERIOUS ILLNESS/HEALTH PROBLEMS:** Have you ever had a serious illness or health problem other than an injury?

☐ Yes

☐ No

Please list all serious illness or problems, and the year each occured: _____
_____
_____

18. **COLDS OR FLU:** Have you had a cold or flu in the last 2 weeks?

☐ Yes

☐ No

19. FEVER: Have you had a fever in the last 2 weeks?

   ❏ Yes

   ❏ No

20. NAUSEA AND VOMITING, OR DIARRHEA: Have you had nausea with vomiting, and/or diarrhea in the last two weeks? (Not associated with drinking)

   ❏ Yes

   ❏ No

- -

VI. EXERCISE AND SPORTS IN THE LAST MONTH

- -

21. EXERCISE IN THE LAST MONTH: Over the last one month, how often did you exercise or play sports for 15 minutes or more?

   ❏ No exercise or sports in last month

   ❏ Less than once per week

   ❏ One time per week

   ❏ Two or three times per week

   ❏ Four or more times per week

22. JOGGING AND RUNNING: In the last month, how many times did you run or jog more than 15 minutes actual running time?

   ❏ None, did not run or jog 15 or more minutes in the last month

   ❏ Less than 1 time per week

   ❏ 1 time per week

   ❏ 2 or 3 times per week

   ❏ 4 or more times per week

23. CHANGE IN EXERCISE IN THE LAST MONTH: How did your level of exercise or sports participation in the last month compare to your usual level of the last year?

   ❏ Did much less exercise in the last month

   ❏ Did less exercise in last month

   ❏ Did about the same amount of exercise

   ❏ Did more exercise in last month

   ❏ Did much more exercise in last month

24. DISTANCE OF RUNNING AND JOGGING: In the last month, when you ran or jogged, about how far did you normally go (on an average basis)?

   ❏ Did not run or jog in the last month

   ❏ 1 mile or less

   ❏ Between 1 and 3 miles

   ❏ 3 to 5 miles

   ❏ More than 5 miles

25. TIME RUNNING OR JOGGING: In the last month, when you ran or jogged, about how many minutes did you usually run (on an average basis)?

☐ Did not run or jog

☐ Less than 10 minutes

☐ Between 10 and 20 minutes

☐ 20 to 30 minutes

☐ More than 30 minutes

26. STRETCHING: Was stretching a regular part of your exercise program, either before or after exercise?

☐ Don't exercise

☐ No; I exercise but don't stretch.

☐ Less than 1/2 the time

☐ About 1/2 the time

☐ More than 1/2 the time

☐ Always

27. OTHER VIGOROUS ACTIVITIES AND SPORTS: In the last month did you do any vigorous exercises or sports other than running that caused you to breath heavily or break into a sweat?

☐ Yes

☐ No   If no, wait for the next question.

If yes, what exercises or sports? _____
And, how many times per week? _____

- -

VII. MISCELLANEOUS QUESTIONS

- -

28. BOWED LEGS: Are you more bow legged than most people of your sex?

☐ Yes

☐ No

29. KNOCK KNEES: Are you more knock kneed than most people of your sex?

☐ Yes

☐ No

30. FLAT FEET: Do you have flatter feet (lower arches) than most people of your sex?

☐ Yes

☐ No

31. HIGH ARCHES: Do you have higher arches than most people of your sex?

☐ Yes

☐ No

32. FOOT PROBLEMS: Do you have problems with your feet that cause you to limit your daily activities some times?

☐ Yes

☐ No

    If yes, please explain: _____

33. BACK PAIN: Do you have back pain that causes you to limit your daily activities sometimes?

☐ Yes

☐ No

    If yes, please explain: _____

34. WEIGHT: How much do you weigh? _____ lbs.

35. HEIGHT: What is your height in inches? _____ ins.

36. AGE OF YOUR TRAINING SHOES: About how long ago did you buy your training shoes?

☐ Brand new

☐ Less than one week

☐ One week to one month

☐ More than one month but less than six months

☐ Six months to one year

☐ More than one year

37. How do you think your physical condition compares to others coming into the Army for the first time?

☐ Much worse than most

☐ Worse than most

☐ About the same

☐ Better than most

☐ Much better than most

38. Were you in a Fitness Training Unit before starting this cycle of basic training?

☐ Yes

☐ No

39. Have you smoked one or more cigarettes in the past year?

 a. ☐ Yes

    ☐ No If no, wait for question 42.

 b. If yes, how many years have you smoked one or more cigarettes? _____

 c. If yes for smoking, in the one month before coming in the Army, on the average, how many cigarettes did you smoke each day? _____

 d. If yes, how many years have you smoked this many cigarettes each day? _____

 e. If yes to smoking during this one month before coming in the Army, what kind of cigarettes did you usually smoke?

    ☐ Non-Filter

    ☐ Regular Filters

    ☐ Low-Tar

    ☐ Did not smoke any

40. ETHNIC GROUP: What most closely describes your ethnic or racial group?

    ☐ White, non-hispanic

    ☐ Black, non-hispanic

    ☐ Hispanic

    ☐ American Indian/Eskimo

    ☐ Oriental/Asian

    ☐ Other

41. In the past month, about how many hours of television did you watch each week? _____

42. In the past month, about how many hours did you spend in a car (driving or riding) each week? _____

43. Questions for females only:

 a. How old were you when you had your first menstrual period? _____

 b. Have your periods ever stopped for 5 or more months (except for pregnancy)? _____
    If yes, give most recent year _____

 c. In the past year have your periods been regular? _____

 d. How many days does your period last? _____

 e. Do you have painful debilitating periods which interfere with activities or require prescription medication? _____

 f. Have you ever had a baby (including stillborn)? _____
    If yes, give month end year of last delivery _____

THANK YOU FOR YOUR VALUABLE TIME AND ASSISTANCE. GOOD LUCK IN THE ARMY.

FORT JACKSON 1988 DATABASE

APPENDIX C
DATA COLLECTION/EXTRACTION FORMS

ANTHROPOMETRIC MEASUREMENTS

FEMALE DATA COLLECTION FORM

SUBJECT NUMBER _____

LAST NAME_____FIRST NAME_____MI_____

SSN _____AGE_____RACE_____

HEIGHT_____cm   WEIGHT_____kg

STRENGTH _____   _____   _____

FLEXIBILITY_____   _____   _____

CIRCUMFERENCE MEASUREMENTS

NECK   _____   _____   _____

FOREARM   _____   _____   _____

WAIST   _____   _____   _____

WRIST   _____   _____   _____

ABDOMEN   _____   _____   _____

HIP   _____   _____   _____

ANTHROPOMETRIC MEASUREMENTS

MALE DATA COLLECTION FORM

SUBJECT NUMBER _____

LAST NAME _____FIRST NAME_____MI_____

SSN_____AGE_____RACE

HEIGHT _____cm   WEIGHT _____kg

STRENGTH _____   _____   _____

FLEXIBILITY _____   _____   _____

CIRCUMFERENCE MEASUREMENTS

NECK _____   _____   _____

ABDOMEN _____   _____   _____

DAILY TRAINING LOG

DATE:___/___/___
(DD /MM /YY)

WEEK OF TRAINING: _____ DAY OF WEEK: (CIRCLE) M T W T F S S

COMPANY:_____   PERSON COMPLETING LOG:_____
(NAME & RANK)

TIME TRAINING   TIME TRAINING
DAY STARTED: _____   DAY ENDED: _____
(HOUR)   (HOUR)
WEATHER CONDITIONS: _____

MAJOR TRAINING ACTIVITIES FOR THE DAY: _____

_____

MARCH TO AND FROM TRAINING? ( )YES   ( )NO DURATION: ____MIN

SPECIFIED TRAINING ACTIVITIES
FOR THE FOLLOWING LIST OF ACTIVITIES CHECK "YES" FOR THOSE
PERFORMED AND "NO" FOR THOSE NOT PERFORMED.

YES	NO	ACTIVITY	DURATION	DISTANCE
( )	( )	1. RUNNING	____MIN	____MILES
( )	( )	2. ROAD MARCH	____MIN	____MILES
( )	( )	3. BAYONETTE	____MIN	
( )	( )	4. PUGIL	____MIN	
( )	( )	5. HAND TO HAND	____MIN	
( )	( )	6. CONFIDENCE COURSE	____MIN	
( )	( )	7. OBSTACLE COURSE	____MIN	
( )	( )	8. DRILL & CEREMONY	____MIN	
( )	( )	9. STANDING FORMATION	____MIN	
( )	( )	10. CALESTHENICS	____MIN	
( )	( )	11. STRETCHING	____MIN	
( )	( )	12. GAMES (PLEASE LIST)		
		_____	____MIN	
		_____	____MIN	
( )	( )	13. OTHER ACTIVITIES (PLEASE LIST)		
		_____	____MIN	
		_____	____MIN	

COMPANY: _____   DATE REVIEWED: ___/___/___
                                        MO DAY YR

INJURIES: MEDICAL RECORDS REVIEW

FT JACKSON INJURY STUDY 1988

NAME (LAST F, MI)	DATE MO/DY/YR	DIAGNOSIS (INJURY)	IC R/L BODY PART	DISP DAYS TYPE LOST
1 _____	__/__/__	__ _____	__ ___ _____	____ ____
2 _____	__/__/__	_____	__ ___ _____	____ ____
3 _____	__/__/__	_____	__ ___ _____	____ ____
4 _____	__/__/__	_____	__ ___ _____	____ ____
5 _____	__/__/__	_____	__ ___ _____	____ ____
6 _____	__/__/__	_____	__ ___ _____	____ ____
7 _____	__/__/__	_____	__ ___ _____	____ ____
8 _____	__/__/__	_____	__ ___ _____	____ ____
9 _____	__/__/__	_____	__ ___ _____	____ ____
10 _____	__/__/__	_____	__ ___ _____	____ ____

COMPANY: _____   DATE REVIEWED: ___/___/___
                                                   MO DAY YR

ILLNESSES: MEDICAL RECORDS REVIEW

FT JACKSON INJURY STUDY 1988

	NAME (LAST F, MI)	DATE MO/DY/YR	DIAGNOSIS (ILLNESS)	TEMP F	IC	CAT	DISP TYPE	DAYS LOST
1	_____	__/__/__	_____	|___	__	__	____	___
2	_____	__/__/__	_____	|___	__	__	____	___
3	_____	__/__/__	_____	|___	__	__	____	___
4	_____	__/__/__	_____	|___	__	__	____	___
5	_____	__/__/__	_____	|___	__	__	____	___
6	_____	__/__/__	_____	|___	__	__	____	___
7	_____	__/__/__	_____	|___	__	__	____	___
8	_____	__/__/__	_____	|___	__	__	____	___
9	_____	__/__/__	_____	|___	__	__	____	___
10	_____	__/__/__	_____	|___	__	__	____	___

VOLUNTEER REGISTRY DATA SHEET

PART A-INVESTIGATOR INFORMATION
(To Be Completed By Investigator)

PLEASE PRINT, USING INK OR BALLPOINT PEN

1. Study NR: __332__   2. Protocol Title: Longitudinal Assessment of Body Weight/Fat Procuremer. Standards

3. Contractor (Laboratory/Institute Conducting Study): USARIEM, Natick, MA 01760-5007

4. Study Period: From: 01/ 09/ 88 To: 15/ 10/ 88
   (DA/MO/YR)   (DA/MO/YR)

5. Principal/Other Investigator(s) Names(s)   6. Location/Laboratory

   (1) __JONES____Bruce_____H._____   Natick , USARIEM
       (Last)   (First)   (MI)

   (2) _____   _____/_____

   (3) _____   _____/_____

PART B-VOLUNTEER INFORMATION
(To Be Completed By Volunteer)

PLEASE PRINT, USING INK OR BALLPOINT PEN

7. SSN:____/____/_____   8. Name: _____
                                   (Last)   (First)   (MI)

9. Sex: M__F__   10. Date of Birth: __/__/__   11. *MOS/Job Series:__   12. *Rank/Grade:___

13. Permanent Home Address (Home of Record) or Study Location Address:

_____   _____
(Street)   (P.O. Box/Apartment No.)

_____   _____
(City)   (Country)   (State)   (Zip Code)
( )   -
(Perm Home Phone No)

14. *Local Address (If Different From Permanent Address):

Basic Training Brigade
_____   _____
(Street)   (P.O. Box/Apartment No.)
Ft. Jackson, SC
_____   _____
(City)   (Country)   (State)   (Zip Code)
( )   -
(Local Phone No)

15. *Military Unit: __Basic Training Brigade_____   Zip Code: _____

Organization: _____   Post: Fort Jackson   Duty Phone No. ( ) ____-____

USAMRDC Form 60-R Revised 1 Apr 88 (Supersedes previous editions)

PART C-ADDITIONAL INFORMATION
(To Be Completed By Investigator)

PLEASE PRINT, USING INK OR BALLPOINT PEN

16. Location of Study: Fort Jackson Training Center, SC

17. Is Study Completed: Y___ N $\underline{X}$

    Did volunteer finish participation: Y___ N___   If YES, Date finished: ___/___/___
                                                     (DA/MO/YR)

    If NO, Date withdrawn: ___/___/___   Reason withdrawn:
                                (DA/MO/YR)

18. Did Any Serious or Unexpected Adverse Incident or Reaction Occur: Y___N___ If YES, Explain:

19.*Volunteer Followup: _____

    Purpose: _____

        Date: ___/___/___ Was contact made: Y___N___ If No action taken, explain:
           (DA/MO/YR)

20.*Hard Copy Records Retired: Place: Exercise Physiol. Div, USARIEM File NR: _____

21.*Product Information:

        Product: _____

        Manufacturer: _____

        Lot NR: _____   Expiration Date: _____

        NDA NR: _____   IND/IDE NR: _____

*Indicates that item may be left blank if information is unavailable or does not apply.
  Entries must be made for all other items.

VOLUNTEER AGREEMENT AFFIDAVIT

For use of this form, see AR 40-38; the proponent agency is the Office of the Surgeon General

THIS FORM IS AFFECTED BY THE PRIVACY ACT OF 1974

1. AUTHORITY: 10 USC 3012, 44 USC 3101 and 10 USC 1071-1087.

2. PRINCIPAL PURPOSE: To document voluntary participation in the Clinical Investigation and Research Program. SSN and home address will be used for identification and locating purpose.

3. ROUTINE USES: The SSN and home address will be used for identification and locating purposes. Information derived from the study will be used to document the study; implementation of medical programs; teaching; adjudication of claims; and for the mandatory reporting of medical condition as required by law. Information may be furnished to Federal, State and local agencies.

4. MANDATORY OR VOLUNTARY DISCLOSURE: The furnishing of SSN and home address is mandatory and necessary to provide identification and to contact you if future information indicates that your health may be adversely affected. Failure to provide the information may preclude your voluntary participation in this investigational study.

PART A - VOLUNTEER AFFIDAVIT

VOLUNTEER SUBJECTS IN APPROVED DEPARTMENT OF THE ARMY RESEARCH STUDIES

Volunteers under the provisions of AR 70-25 are authorized all necessary medical care for injury or disease which is the proximate result of their participation in such studies.

I, _____ SSN _____ having
(last, first, middle)

full capacity to consent and having attained my _____ birthday, do hereby volunteer to participate in

Longitudinal assessment of body weight/fat procurement standards
(research study)

under direction of Major Bruce H. Jones conducted at U. S. Army Research Institute of
Environmental Medicine, Natick, MA 01760-5007 (name of institution)

The implications of my voluntary participation; the nature, duration and purpose of the research study; the methods and means by which it is to be conducted; and the inconveniences and hazards that may reasonably be expected have been explained to me by
Major Bruce H. Jones (508) 651-4887

I have been given an opportunity to ask questions concerning this investigational study. Any such questions were answered to my full and complete satisfaction. Should any further questions arise concerning my rights on study-related injury I may contact
Office of Chief Counsel at Natick Research, Development and Engineering Center

at (508) 651-4322
(name and address of hospital & phone number (include area code))

I understand that I may at any time during the course of this study revoke my consent and withdraw from the study without further

penalty or loss of benefits however, I may be ☐ required (military volunteer) or ☐ requested (civilian volunteer) to undergo certain

examination if, in the opinion of the attending physician, such examinations are necessary for my health and well-being. My refusal to participate will involve no penalty or loss of benefits to which I am otherwise entitled.

PART B - TO BE COMPLETED BY INVESTIGATOR

INSTRUCTIONS FOR ELEMENTS OF INFORMED CONSENT:(Provide a detailed explanation in accordance with Appendix E, AR 40-38 or AR 70-25.)

You are being asked to take part in a study of the relationship between body weight, body fat and various outcomes during your initial training and your first assignment, especially physical fitness, illness and injuries.

The first part of this study will be conducted now, before you go to your basic training unit. This will include documenting background information on you, including a questionnaire on prior fitness and sports activities and injuries. We will also record your height and weight, estimate the amount of body fat with girth tape measurements, measurements of your handgrip strength and body flexibility (toe touch and ankle motion) and we will photograph your feet. At the end of basic training we will again estimate your body fat with the tape measurements.

(CONTINUE ON REVERSE)

DA FORM 5303-R, APR 84

During Basic and Advanced Individual Training and during the first year of your first unit assignment, we will screen your medical record to document illnesses and injuries and will obtain fitness scores and training records from your unit files. Administrative actions, such as discharge, promotion, recycle, etc., will also be recorded in our research records. No hands-on measurements will be made after you leave basic training, only record screening.

None of the measurements being made pose any significant risk to your health or safety.

You have a right to withdraw from this study without prejudice at any time.

Also, within the constraints of Army Regulations the confidentiality of information on you will be maintained. In reports or publications arising from this study you will not be identified by name or in other recognizable fashion. Your records will be filed by a code number which you will be assigned at the beginning of this study.

The results of this study are unlikely to be of direct benefit to you. However, they should be of benefit to Army in determining what aspects of physical training contribute most to the likelihood of musculoskeletal injuries, and also those which contribute most to the development of fitness.

CONFIDENTIALITY OF INFORMATION ON MILITARY TEST SUBJECTS:

"All data and medical information obtained about you as an individual will be considered privileged and held in confidence. Complete confidentiality cannot be promised to subjects who are military members, because information bearing on your health may be required to be reported to appropriate medical or Command authorities, and applicable regulations note the possibility that the Food and Drug Administration and USAMRDC officials may inspect the records."

You will be provided a copy of the consent form for your records.

SIGNATURE OF VOLUNTEER	DATE SIGNED	SIGNATURE OF LEGAL GUARDIAN (if volunteer is a minor)
PERMANENT ADDRESS OF VOLUNTEER	TYPED OR PRINTED NAME AND SIGNATURE OF WITNESS	DATE SIGNED

Reverse of DA FORM 5303-R. Apr 84

FORT JACKSON 1988 DATABASE

APPENDIX D
DATABASE CODEBOOKS

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

Field Name	Description	Missing Values	Format	Responses
Sub Number	Subject Number, Unique non-subject denoted by 88J####.##		Alpha10 (88J####.##)	
Last Name			Alpha15	
F Name			Alpha15	
SSN	Social Security Number		Alpha11	
Sex			Alpha6	Value Frequency FEMALE 1193 MALE 1545 ------ Total 2738
Age		0 (189)	Integer	# Non-missing 2549 Mean 20.115 Median 19.000 Minimum 17.000 Maximum 40.000

Fort Jackson 88 Codes
4D Filename – FJ MAIN FILE

Field Name	Description	Missing Values	Format	Responses
Unit	Basic Training Unit	UNKN (16)	Alpha4	Value Frequency A134 229 A213 220 B128 221 B134 224 B213 227 B315 2 B334 6 BPRO 108 C134 228 C213 214 CPRO 92 D134 216 D213 254 D334 161 E213 224 EPRO 95 PROT 1 UNKN 16 ------- Total 2738 # Non-missing 2732 Minimum 9/13/88 Maximum 10/14/88
Dt Started	Training Start Date	00/00/00 (6)	Date	
In Sub Num	same as Sub Number, used for linking to FJ Injury file		Alpha10	
IL Sub Num	same as Sub Number, used for linking to FJ ILLNESS file		Alpha10	
APRT Sub Num	same as Sub Number, used for linking to FJ PT Data file		Alpha10	
Anth Sub Num	same as Sub Number, used for linking to FJ Anthro file		Alpha10	
GH Sub Num	same as Sub Number, used for linking to FJ Gen Hist file		Alpha10	
HH Sub Num	same as Sub Number, used for linking to FJ Health H file		Alpha10	
ActH Sub Num	same as Sub Number, used for linking to FJ Activ Hist file		Alpha10	

Print Date:7/15/97 11:34 AM   Last Updated: 7/15/97 11:34 AM   Page: 2

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

Field Name	Description	Missing Values	Format	Responses
MiscH Sub Num	same as Sub Number, used for linking to FJ Misc History file		Alpha10	
Met Sub Num	same as Sub Number, used for linking to FJ METS FILE		Alpha10	
Subject Info	Information in database for subject. 1=Subject 2=Pro Unit Subject 3=Recycled Subject 4=Discharged Subject 5=Pro Unit - Anthro only 6=Pro Unit - Quest only 7=Anthro only 8=Questionnaire only 9=Non-subject		Integer	Value Frequency 1.00 1718 2.00 200 3.00 28 4.00 57 5.00 4 6.00 1 7.00 12 8.00 43 9.00 675 ------ Total 2738
MSI OU	Type code of most significant overuse injury. 1 = STRS_FX 2 = STRS_RXN 3 = ACH_TNDNTS 4 = OTH_TNDNTS 5 = BURSITIS 6 = FASCITIS 7 = OUS/NOS 8 = PAIN	0(1838)	Integer	Value Frequency .00 1838 1.00 38 2.00 94 3.00 33 4.00 13 5.00 7 6.00 59 7.00 316 8.00 340 ------ Total 2738
MSI OU numinj	Number of separate overuse injuries.	0(1838)	Integer	# Non-missing 900 Mean 1.264 Median 1.000 Minimum 1.000 Maximum 4.000

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

Field Name	Description	Missing Values	Format	Responses
MSI OU numvisit	Number of clinic visits resulting from overuse injuries.	0(1838)	Integer	# Non-missing 900 Mean 1.684 Median 1.000 Minimum 1.000 Maximum 8.000
MSI OU dl	Total number of days lost due to overuse injuries.	0(2145)	Integer	# Non-missing 593 Mean 10.248 Median 7.000 Minimum 1.000 Maximum 54.000
MSI TR	Type code of most significant traumatic injury. 9 = ACT_TR/NOS 10 = STRAIN 11 = SPRAIN 13 = DISLOCN 14 = FX 15 = BLISTER 16 = ABRSN_LC 17 = CONTSN	0(2230)	Integer	Value Frequency .00 2230 9.00 45 10.00 219 11.00 117 14.00 12 15.00 38 16.00 33 17.00 44 ------- Total 2738
MSI TR numinj	Number of separate traumatic injuries.	0(2230)	Integer	# Non-missing 508 Mean 1.126 Median 1.000 Minimum 1.000 Maximum 3.000
MSI TR numvisit	Number of clinic visits resulting from traumatic injuries.	0(2230)	Integer	# Non-missing 508 Mean 1.543 Median 1.000 Minimum 1.000 Maximum 8.000
MSI TR dl	Total number of days lost due to traumatic injuries.	0(339)	Integer	# Non-missing 2399 Mean 8.864 Median 7.000 Minimum 1.000 Maximum 47.000
Separation SSN	Same as SSN; used for linking to Separation file		Alpha11	

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

Field Name	Description	Missing Values	Format	Responses
OUpart	Part of body on which the overuse injury occurred	UNKNOWN(1839)	Alpha8	Value Frequency 1839 ABDOMEN 2 ANKLE 79 CALF 122 CHEST 19 ELBOW 5 FOOT 339 HAND 4 HEAD 1 HIP 8 KNEE 176 LO_ARM 12 LO_BACK 66 NECK 3 OTHER 3 PELVIS 7 SHOULDER 24 THIGH 18 UP_ARM 7 UP_BACK 4 ---------- Total 2738
OUinjdt	Date on which the overuse injury occurred	00/00/00(1839)	Date(mm/dd/yy)	#Non-Missing 899 Minimum 9/15/88 Maximum 12/6/88

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

Field Name	Description	Missing Values	Format	Responses
TRpart	Part of body on which the traumatic injury occurred	__(2231)	Alpha8	Value Frequency 2231 ABDOMEN 15 ANKLE 114 CALF 30 CHEST 5 ELBOW 6 FOOT 68 HAND 21 HEAD 24 HIP 13 KNEE 70 LO_ARM 11 LO_BACK 42 NECK 4 PELVIS 10 SHOULDER 29 THIGH 36 UP_ARM 1 UP_BACK 8 ------ Total 2738
TRinjdt	Date on which the traumatic injury occurred	00/00/00(2231)	Date(mm/dd/yy)	#Non-Missing 507 Minimum 9/21/88 Maximum 12/6/88
HRA SSN	Same as SSN; used for linking to HRA file		Alpha11	
IPDS SSN	Same as SSN; used for linking to IPDS file		Alpha11	

Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

Field Name	Description	Missing Values	Calculation	Format	Responses
Met Sub Num	Subject Number, Unique			Alpha10	
Met Tmin Ac1	from FJ Act Hist	0 (793)		Real	# Non-missing 1256 Mean 283.166 Median 69.231 Minimum 0.192 Maximum 6300.000
Met Tmin Ac2	from FJ Act Hist	0 (1614)		Real	# Non-missing 435 Mean 143.189 Median 51.923 Minimum .192 Maximum 3360.000
Met Tmin Ac3	from FJ Act Hist	0 (1764)		Real	# Non-missing 285 Mean 98.185 Median 46.154 Minimum 0.192 Maximum 1107.692
Met Tmin Ac4	from FJ Act Hist	0 (1323)		Real	# Non-missing 726 Mean 123.415 Median 34.615 Minimum 0.192 Maximum 2160.000
Met Tmin Ac5	from FJ Act Hist	0 (898)		Real	# Non-missing 1151 Mean 87.406 Median 27.692 Minimum 0.192 Maximum 4200.000
Met Tmin Ac6	from FJ Act Hist	0 (1544)		Real	# Non-missing 505 Mean 71.308 Median 27.692 Minimum 0.192 Maximum 1620.000
Met Tmin Ac7	from FJ Act Hist	0 (1137)		Real	# Non-missing 912 Mean 65.963 Median 27.692 Minimum 0.096 Maximum 1260.000

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Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

Field Name	Description	Missing Values	Calculation	Format	Responses
Met Tmin Ac8	from FJ Act Hist	0 (1308)		Real	# Non-missing 741 Mean 109.899 Median 46.154 Minimum 0.288 Maximum 1680.000
Met Tmin Ac9	from FJ Act Hist	0 (1939)		Real	# Non-missing 110 Mean 182.091 Median 73.846 Minimum 0.577 Maximum 1938.462
Met Tmin Ac10	from FJ Act Hist	0 (1930)		Real	# Non-missing 119 Mean 166.199 Median 43.269 Minimum 0.192 Maximum 1938.462
Met Tmin Ac11	from FJ Act Hist	0 (1712)		Real	# Non-missing 337 Mean 72.089 Median 20.769 Minimum 0.577 Maximum 1680.000
Met Tmin Ac12	from FJ Act Hist	0 (1433)		Real	# Non-missing 616 Mean 181.971 Median 69.231 Minimum 0.192 Maximum 2520.000
Met Tmin Ac13	from FJ Act Hist	0 (1740)		Real	# Non-missing 309 Mean 117.321 Median 48.462 Minimum 0.288 Maximum 969.231
Met Tmin Ac14	from FJ Act Hist	0 (1948)		Real	# Non-missing 101 Mean 148.228 Median 41.538 Minimum 0.577 Maximum 1680.000

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Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

Field Name	Description	Missing Values	Calculation	Format	Responses
Met Tmin Ac15	from FJ Act Hist	0 (1991)		Real	# Non-missing 58 Mean 47.608 Median 9.808 Minimum 0.577 Maximum 840.000
Met Tmin Ac16	from FJ Act Hist	0 (1940)		Real	# Non-missing 109 Mean 35.042 Median 13.846 Minimum 0.077 Maximum 276.923
Met Tmin Ac17	from FJ Act Hist	0 (1915)		Real	# Non-missing 134 Mean 88.289 Median 37.692 Minimum 0.577 Maximum 678.462
Met Tmin Ac18	from FJ Act Hist	0 (2015)		Real	# Non-missing 34 Mean 41.137 Median 18.462 Minimum 0.577 Maximum 387.692
Met Tmin Ac19	from FJ Act Hist	0 (1839)		Real	# Non-missing 210 Mean 58.770 Median 15.577 Minimum 0.096 Maximum 1329.231
Met Tmin Ac20	from FJ Act Hist	0 (1241)		Real	# Non-missing 808 Mean 84.530 Median 27.692 Minimum 0.288 Maximum 2160.000
Met Tmin Ac21	from FJ Act Hist	0 (1637)		Real	# Non-missing 412 Mean 56.740 Median 20.769 Minimum 0.288 Maximum 1430.769

Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

Field Name	Description	Missing Values	Calculation	Format	Responses
Met Tmin Ac22	from FJ Act Hist	0 (1996)		Real	# Non-missing 53 Mean 70.938 Median 17.308 Minimum 0.385 Maximum 450.000
Met Tmin Ac23	from FJ Act Hist	0 (1787)		Real	# Non-missing 262 Mean 66.269 Median 27.692 Minimum 0.385 Maximum 623.077
Met Tmin Ac24	from FJ Act Hist	0 (1986)		Real	# Non-missing 63 Mean 35.343 Median 13.846 Minimum 0.577 Maximum 484.615
Met Tmin Ac25	from FJ Act Hist	0 (1810)		Real	# Non-missing 239 Mean 66.992 Median 18.462 Minimum 0.096 Maximum 1680.000
Met Tmin Ac26	from FJ Act Hist	0 (1392)		Real	# Non-missing 657 Mean 178.121 Median 69.231 Minimum 0.192 Maximum 2160.000
Met Tmin Ac27	from FJ Act Hist	0 (2021)		Real	# Non-missing 28 Mean 26.600 Median 13.846 Minimum 0.192 Maximum 110.769
Met Tmin Ac28	from FJ Act Hist	0 (1623)		Real	# Non-missing 426 Mean 60.976 Median 18.462 Minimum 0.577 Maximum 1680.000

Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

Field Name	Description	Missing Values	Calculation	Format	Responses
Met Tmin Ac29	from FJ Act Hist	0 (1908)		Real	# Non-missing 141 Mean 91.743 Median 27.692 Minimum 1.154 Maximum 1680.000
Met Tmin Ac30	from FJ Act Hist	0 (1896)		Real	# Non-missing 153 Mean 214.742 Median 92.308 Minimum 1.154 Maximum 2940.000
Met Tmin Ac31	from FJ Act Hist	0 (2024)		Real	# Non-missing 25 Mean 161.985 Median 69.231 Minimum 13.846 Maximum 1680.000
Met Weight	from FJ Anthro file if weight in FJ Anthro file is not 0, otherwise from FJ APRT file if weight in FJ APRT is not 0, otherwise from FJ Misc Hist	0 (0)			# Non-missing 2049 Mean 67.521 Median 64.600 Minimum 40.000 Maximum 121.700
Met METS	A measure of energy expended for fitness activities, used to determine past fitness activity.	0 (148)		Real	# Non-missing 1901 Mean 4110.187 Median 2215.385 Minimum 2.019 Maximum 80252.308
Met KCal	A measure of energy expended for fitness activities, used to determine past fitness activity.	0 (148)		Real	# Non-missing 1901 Mean 4791.604 Median 2422.323 Minimum 2.413 Maximum 108015.000

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

Field Name	Description	Missing Values	Calculation	Format	Responses
Anth Sub Num	Subject Number, Unique	___ (242)		Alpha10 (88J#####)	
Anth BCT UNIT	Basic Training Unit			Alpha 4	Value Frequency A134 97 A213 211 B128 135 B134 207 B213 177 B315 2 B334 6 BPRO 54 C134 225 C213 55 CPRO 63 D134 189 D213 233 D334 49 E213 213 EPRO 86 PROT 1 UNKN 16 -------- Total 2019
Anth LName	Last Name			Alpha 15	
Anth FName	First Name			Alpha 12	
Anth MI	Middle Initial	___ (161)		Alpha 1	# Non-missing 1858
Anth ACC Num	Entered as 1 for everyone			Integer	Value Frequency 1 2019 -------- Total 2019 # Non-missing 2019
Anth SSN	Social Security Number			Alpha 11 (###-##-####)	

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

Field Name	Description	Missing Values	Calculation	Format	Responses
Anth Sex				Alpha 6	Value Frequency MALE 1092 FEMALE 927 ------ Total 2019
Anth Sex CD	1=Male 2=Female	0 (0)		Integer	Value Frequency 1 1092 2 927 ------ Total 2019
Anth Age		0 (1)		Integer	# Non-Missing 2018 Mean 20.122 Median 19.000 Minimum 17.000 Maximum 40.000
Anth Race		UNKWN (7)		Alpha 5	Value Frequency ASIAN 24 BLACK 752 HISPC 127 OTHER 43 UNKWN 7 WHITE 1066 ------ Total 2019
Anth HT	Height in CM	0 (2)		Real	# Non-Missing 2017 Mean 169.123 Median 169.000 Minimum 143.600 Maximum 208.300
Anth WT	Weight in Kg	0 (0)		Real	# Non-Missing 2019 Mean 67.610 Median 64.700 Minimum 40.000 Maximum 137.000

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Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

Field Name	Description	Missing Values	Calculation	Format	Responses
Anth BMI	Body Mass Index (kg/m^2)	0 (2)	Anth WT/(Anth HT/100)^2	Real	# Non-Missing 2017 Mean 23.481 Median 23.160 Minimum 16.360 Maximum 34.420
Anth STR1	Strength Test 1 (lbs)	0 (169)		Real	# Non-Missing 1850
Anth STR2	Strength Test 2 (lbs)	0 (170)		Real	# Non-Missing 1849
Anth STR3	Strength Test 3 (lbs)	0 (1166)		Real	# Non-Missing 853
Anth Str Avg	Average Strength Test Score (lbs)	0 (169)	(Anth Str1 + Anth Str2 + Anth Str3)/Anth Str Dnm	Real	# Non-Missing 1850 Mean 93.888 Median 89.500 Minimum 27.670 Maximum 203.670
Anth Str Dnm	Number of Strength tests taken	0 (169)	if (Anth Str3>0, 3, if (Anth Str2>0, 2, if (Anth Str1>0, 1, 0)))	Integer	Value Frequency 1 1 2 996 3 853 0 169 ------ Total 2019
Anth Flex1	Flexibility Test 1 (cm)	0 (2)		Real	# Non-Missing 2017
Anth Flex2	Flexibility Test 2 (cm)	0 (2)		Real	# Non-Missing 2017
Anth Flex3	Flexibility Test 3 (cm)	0 (2)		Real	# Non-Missing 2017
Anth Flex Avg	Average Flexibility (cm)	0 (2)	(Anth Flex1+Anth Flex2+ Anth Flex3)/3	Real	# Non-Missing 2017 Mean 33.660 Median 34.170 Minimum -4.000 Maximum 54.530
Anth Nek1	1st Neck measurement (cm)	0 (0)		Real	# Non-Missing 2019

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

Field Name	Description	Missing Values	Calculation	Format	Responses
Anth Nek2	2nd Neck measurement (cm)	0 (0)		Real	# Non-Missing 2019
Anth Nek3	3rd Neck measurement (cm)	0 (0)		Real	# Non-Missing 2019
Anth Nek Avg	Average of three neck measurements (cm)	0 (0)	(Anth Nek1+Anth Nek2+ Anth Nek3)/3	Real	# Non-Missing 2019 Mean 34.569 Median 34.400 Minimum 23.500 Maximum 45.130
Anth Arm1	1st forearm measurement (cm) (females only)	0 (1090)		Real	# Non-Missing 929
Anth Arm2	2nd forearm measurement (cm) (females only)	0 (1090)		Real	# Non-Missing 929
Anth Arm3	3rd forearm measurement (cm) (females only)	0 (1090)		Real	# Non-Missing 929
Anth Arm Avg	Average of Three forearm measurements (cm) (females only)	0 (1090)	(Anth Arm1 + Anth Arm2 + Anth Arm3)/3	Real	# Non-Missing 929 Mean 23.174 Median 23.170 Minimum 15.130 Maximum 91.370
Anth ABD1	1st abdomen measurement (cm)	0 (4)		Real	# Non-Missing 2015
Anth ABD2	2nd abdomen measurement (cm)	0 (4)		Real	# Non-Missing 2015
Anth ABD3	3rd abdomen measurement (cm)	0 (4)		Real	# Non-Missing 2015
Anth ABD AVG	Average of three abdomen measurements (cm)	0 (4)	(Anth ABD1+Anth ABD2+ Anth ABD3)/3	Real	# Non-Missing 2015 Mean 75.904 Median 73.530 Minimum 31.130 Maximum 132.670
Anth Wrist1	1st wrist measurement (cm) (females only)	0 (1092)		Real	# Non-Missing 927

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

Field Name	Description	Missing Values	Calculation	Format	Responses
Anth Wrist2	2nd wrist measurement (cm) (females only)	0 (1092)		Real	# Non-Missing 927
Anth Wrist3	3rd wrist measurement (cm) (females only)	0 (1092)		Real	# Non-Missing 927
Anth Wrist Avg	Average of three wrist measurements (cm) (females only)	0 (1092)	(Anth Wrist1+Anth Wrist2 +Anth Wrist3)/3	Real	# Non-Missing 927 Mean 14.844 Median 14.800 Minimum 12.600 Maximum 22.770
Anth Hip1	1st hip measurement (cm) (females only)	0 (1094)		Real	# Non-Missing 925
Anth Hip2	2nd hip measurement (cm) (females only)	0 (1094)		Real	# Non-Missing 925
Anth Hip3	3rd hip measurement (cm) (females only)	0 (1094)		Real	# Non-Missing 925
Anth Hip AVG	Average of three hip measurements (cm) (females only)	0 (1094)	(Anth Hip1+Anth Hip2+ Anth Hip3)/3	Real	# Non-Missing 925 Mean 93.843 Median 94.270 Minimum 62.670 Maximum 110.000

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

Field Name	Description	Missing Values	Calculation	Format	Responses

Anth Army BF	Army Body Fat Calculation	0 (8)	For Females:
			if (Anth Hip2>0,
			(105.328*Log10(Anth Wt))
			-(0.200*Anth Wrist Avg)
			- (0.533*Anth Nek Avg) -
			(1.574*Anth Arm Avg) +
			(0.173*Anth Hip Avg) -
			(0.515*Anth Ht) -
			35.601), 0)
			
			For Males:
			if (Anth Abd2>0, 46.892-
			(68.678*Log10(Anth Ht))
			+(76.462*Log10(Anth Abd
			Avg-Anth Nek Avg)),0)
				Real	# Non-Missing 2011
					Mean 22.742
					Median 23.500
					Minimum 5.400
					Maximum 42.600

Anth Navy BF	Navy Body Fat Calculation	0 (8)	For Females:
			if (Anth Hip Avg>0,
			((4.95/Anth BD)-4.50)*
			100,0)
			
			For Males:
			if (Anth ABD Avg>0,
			((4.95/Anth BD)-
			4.50)*100,0)
				Real	# Non-Missing 2011
					Mean 19.449
					Median 20.200
					Minimum 0.800
					Maximum 38.700

Anth BD	Body Density Calculation	1 (8)	For Females:
			if (Anth Hip3>0,
			1.29579+(0.22100*
			Log10(Anth HT) -
			(0.35004*Log10(Anth ABD
			Avg+Anth Hip Avg - Anth
			Nek Avg)), 1)
			
			For Males:
			if (Anth Abd3>0, 1.0324
			+ (0.15456*Log10(Anth
			Ht)) -(0.19077*Log10(Anth
			Abd Avg - Abd Nek Avg)),
			1)
				Real	# Non-Missing 2011
					Mean 1.055
					Median 1.053
					Minimum 1.013
					Maximum 1.098

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

Field Name	Description	Missing Values	Calculation	Format	Responses
OC SUB NUM	Subject Number, Unique			Alpha8	# Non-missing 1988
OC RECYCLE CD	Subject Recycled to another unit? 1=Yes 2=No		Case of :(OC RCYC="Yes") 1 :(OC RCYC="No") 2 End case	Integer	Value Frequency 1 28 2 1960 ------ Total 1988
OC DISCHRGE CD	Subject Discharged? 1=Yes 2=No		Case of :(OC DSCHRG ="Yes") 1 :(OC DSCHRG ="No") 2 End case	Integer	Value Frequency 1 59 2 1929 ------ Total 1988
OC GRADUATE CD	Subject Graduated? 1=Yes 2=No		Case of :(OC GRADUATION ="Yes") 1 :(OC GRADUATION ="No") 2 End case	Integer	Value Frequency 1 1862 2 126 ------ Total 1988
OC A NUM	Entered as 1 for all subjects.			Integer	Value Frequency 1 1988 ------ Total 1988
OC LAST NAME				Alpha15	
OC FIRST NAME				Alpha12	
OC MI	Middle Initial	(160)		Alpha2	# Non-missing 1828
OC SOC SEC NUM	Social Security Number	(0)		Alpha11 (###-##-####)	# Non-missing 1988
OC SEX				Alpha6	Value Frequency MALE 1073 FEMALE 915 ------ Total 1988

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

Field Name	Description	Missing Values	Calculation	Format	Responses
OC RACE		UNKNOWN (45)		Alpha8	Value Frequency ASIAN 25 A_INDIAN 1 BLACK 715 HISPANIC 121 OTHER 33 UNKNOWN 45 WHITE 1048 ------ Total 1988
OC AGE		— (44)		Integer	# Non-missing 1969 Mean 20.148 Median 19.000 Minimum 17.000 Maximum 40.000
OC UNIT	Basic Training Unit	UNKN (17)		Alpha4	Value Frequency A134 98 A213 210 B128 130 B134 189 B213 176 BPRO 54 C134 224 C213 56 CPRO 63 D134 189 D213 232 D334 55 E213 210 EPRO 85 UNKN 17 ------ Total 1988

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

Field Name	Description	Missing Values	Calculation	Format	Responses
OC PLT	Platoon	0 (1982)		Integer	Value Frequency .00 1982 1.00 2 3.00 1 4.00 1 5.00 1 6.00 1 ----- Total 1988

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

Field Name	Description	Missing Values	Calculation	Format	Responses

OC DT STRT	Date Started Training	00/00/00 (3)	Case of
			: (OC UC=1)
			  09/23/88
			: (OC UC=2)
			  09/21/88
			: (OC UC=3)
			  09/22/88
			: (OC UC=4)
			  10/05/88
			: (OC UC=5)
			  09/23/88
			: (OC UC=6)
			  10/01/88
			: (OC UC=7)
			  10/13/88
			: (OC UC=8)
			  10/14/88
			: (OC UC=10)
			  09/16/88
			: (OC UC=11)
			  09/23/88
			: (OC UC=12)
			  10/07/88
			: (OC UC=13)
			  09/30/88
			: (OC UC=14)
			  10/07/88
			: (OC UC=15)
			  10/14/88
			End case
				Date	# Non-missing 1985
					Minimum 9/16/88
					Maximum 10/14/88

OC PT1 MILES	Number of miles ran for 1st OC Test	0 (17)		Integer	Value Frequency 1 1087 2 884 0 17 ------- Total 1988

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Fort Jackson 88 Codes
4D Filename - FJ PT DATA
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Field Name	Description	Missing Values	Calculation	Format	Responses
OC PT DT1	Date of 1st PT test	00/00/00 (485)		Date	# Non-missing 1503 Minimum 9/17/88 Maximum 10/11/88
OC PU1	# of push ups for 1st PT test	999 (420)		Integer	# Non-missing 1568 Mean 22.269 Median 21.000 Minimum 1.000 Maximum 74.000
OC PUSC1	score for push ups for 1st PT test	0 (1973)		Integer	# Non-missing 15 Mean 56.133 Median 59.000 Minimum 24.000 Maximum 94.000
OC SU1	# of sit ups for 1st PT test	999 (313)		Integer	# Non-missing 1675 Mean 39.170 Median 40.000 Minimum 1.000 Maximum 91.000
OC SU SC1	score for sit ups for 1st PT Test	0 (1974)		Integer	# Non-missing 14 Mean 58.643 Median 59.000 Minimum 39.000 Maximum 83.000
OC RUN MIN1	minutes portion of run time for 1st PT test	99 (330)		Integer	# Non-missing 1658 Mean 12.584 Median 11.000 Minimum 5.000 Maximum 29.000
OC RUN SEC1	seconds portion of run time for 1st PT Test	99 (330)		Integer	# Non-missing 1658
OC RUN TM1	run time for 1st PT test	99.99 (330)	if (OC RUN MIN1=99, 99.99,(OC RUN MIN1+(OC RUN SEC1/60)))	Real	# Non-missing 1658 Mean 13.048 Median 11.910 Minimum 5.470 Maximum 29.830

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Field Name	Description	Missing Values	Calculation	Format	Responses
OC RUN SC1	run score for 1st PT test	0 (1977)		Integer	# Non-missing 11 Mean 46.091 Median 54.000 Minimum 5.000 Maximum 82.000
OC OVRL SC1	Overall score for 1st PT test	0 (1970)	OC PUSC1 + OC SU SC1 + OC RUN SC1	Integer	# Non-missing 18 Mean 121.556 Median 119.000 Minimum 5.000 Maximum 255.000
OC HT IN1	Height in Inches from 1st PT Test	0 (1579)		Integer	# Non-missing 409 Mean 69.648 Median 69.000 Minimum 58.000 Maximum 78.000
OC HT CM1	Height in CM from 1st PT test	0 (1579)	OC HT IN1 * 2.54	Real	# Non-missing 409 Mean 176.909 Median 175.300 Minimum 147.300 Maximum 198.100
OC WT LB1	Weight in LB from 1st PT test	0 (1581)		Integer	# Non-missing 407 Mean 162.789 Median 160.000 Minimum 105.000 Maximum 240.000
OC WT KG1	Weight in KG from 1st PT test	0 (1581)	OC WT LB1/2.2	Real	# Non-missing 407 Mean 73.994 Median 72.700 Minimum 47.700 Maximum 109.091
OC BMI1 (kg/m^2)	Body Mass Index calculated for 1st PT test	0 (1581)	OC WT KG1/((OC HT CM1/100))^2	Real	# Non-missing 407 Mean 23.655 Median 23.030 Minimum 15.090 Maximum 35.400
OC PT DT4	Date of 4th PT test	00/00/00 (413)		Date	# Non-missing 1575 Minimum 11/02/88 Maximum 11/30/88

Field Name	Description	Missing Values	Calculation	Format	Responses
OC PU4	# of push ups for the 4th PT test	999 (362)		Integer	# Non-missing 1626 Mean 41.292 Median 40.000 Minimum 7.000 Maximum 96.000
OC PU SC4	score for push ups for 4th PT test	0 (1191)		Integer	# Non-missing 797 Mean 69.157 Median 69.000 Minimum 37.000 Maximum 100.000
OC SU4	# sit ups for 4th PT test	999 (357)		Integer	# Non-missing 1631 Mean 63.130 Median 62.000 Minimum 10.000 Maximum 99.000
OC SU SC4	score for sit ups for 4th PT test	0 (1188)		Integer	# Non-missing 800 Mean 72.703 Median 71.000 Minimum 20.000 Maximum 100.000
OC RUN MIN4	minutes portion of run time for 4th PT test	99 (378)		Integer	# Non-missing 1610 Mean 15.043 Median 15.000 Minimum 11.000 Maximum 28.000
OC RUN SEC4	seconds portion of run time for 4th PT test	99 (378)		Integer	# Non-missing 1610
OC RUN TM4	run time for 4th PT test	99.99 (378)	if (OC RUN MIN4=99, 99.99,(OC RUN MIN4+(OC RUN SEC4/60)))	Real	# Non-missing 1610 Mean 15.497 Median 15.010 Minimum 11.120 Maximum 28.500
OC RUN SC4	run score for 4th PT Test	0 (1195)		Integer	# Non-missing 793 Mean 79.603 Median 80.000 Minimum 28.000 Maximum 114.000

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

Field Name	Description	Missing Values	Calculation	Format	Responses
OC OVRL SC4	Overall score for 4th PT test	0 (1187)	OC PU SC4 + OC SU SC4 + OC RUN SC4	Integer	# Non-missing 801 Mean 220.231 Median 220.000 Minimum 104.000 Maximum 300.000
OC HT IN4	Height in Inches from 4th PT Test	0 (356)		Integer	# Non-missing 1632 Mean 67.441 Median 67.000 Minimum 51.000 Maximum 82.000
OC HT CM4	Height in CM from 4th PT test	0 (356)	OC HT IN4*2.54	Real	# Non-missing 1632 Mean 171.302 Median 170.200 Minimum 129.500 Maximum 208.300
OC WT LB4	Weight in LB from 4th PT test	0 (358)		Integer	# Non-missing 1630 Mean 148.280 Median 143.000 Minimum 92.000 Maximum 245.000
OC WT KG4	Weight in KG from 4th PT test	0 (358)	OC WT LB4/2.2	Real	# Non-missing 1630 Mean 67.400 Median 65.000 Minimum 41.800 Maximum 111.400
OC BMI4 (kg/m^2)	Body Mass Index calculated for 4th PT test	0 (358)	OC WT KG4/((OC HT CM4/100)^2)	Real	# Non-missing 1630 Mean 22.824 Median 22.530 Minimum 16.360 Maximum 38.150
OC RCYC	Subject Recycled to another unit?			Alpha3	Value Frequency no 1960 yes 28 ----- Total 1988

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

Field Name	Description	Missing Values	Calculation	Format	Responses
OC RC DATE	Recycle Date	00/00/00 (1961)		Date	# Non-missing 27 Minimum 09/15/88 Maximum 11/23/88
OC RC REASON	Reason subject was recycled			Alpha30	
OC DSCHRG	Subject Discharged?			Alpha3	Value Frequency no 1929 yes 59 ------ Total 1988
OC DC DATE	Discharge Date	00/00/00 (1930)		Date	# Non-missing 58 Minimum 10/04/88 Maximum 11/18/88
OC DC REASON	Reason for discharge			Alpha30	
OC GRADUATION	Subject Graduated?			Alpha3	Value Frequency no 126 yes 1862 ------ Total 1988

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

Field Name	Description	Missing Values	Calculation /	Format	Responses
OC GRAD DATE	Graduation Date	00/00/00 (129)	Case of : (OC UNIT="A134") 11/17/88 : (OC UNIT="A213") 12/01/88 : (OC UNIT="B128") 11/09/88 : (OC UNIT="B134") 11/17/88 : (OC UNIT="B213") 11/22/88 : (OC UNIT="BPRO") 12/08/88 : (OC UNIT="C134") 11/17/88 : (OC UNIT="C213") 11/22/88 : (OC UNIT="CPRO") 12/08/88 : (OC UNIT="D134") 11/17/88 : (OC UNIT="D213") 12/01/88 : (OC UNIT="D334") 12/01/88 : (OC UNIT="E213") 11/22/88 : (OC UNIT="EPRO") 12/08/88 : (OC UNIT="UNKN") 00/00/00 End Case	Date	# Non-missing 1859 Minimum 11/09/88 Maximum 12/08/88

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

Field Name	Description	Missing Values	Calculation	Format	Responses
OC TRAIN DUR	Training Duration	(0) 15	if (OC RC DATE>=OC DT STRT, (OC RC DATE - OC DT STRT)+1, if OC DC DATE>=OC DT STRT, (OC DC DATE-OC DT STRT)+1, if OC GRAD DATE>=OC DT STRT, (OC GRAD DATE-OC DT STRT)+1,0)))	Integer	# Non-missing 1973 Mean 57.756 Median 57.000 Minimum 1.000 Maximum 320.000
OC OTHER NOTES				Alpha65	
OC SEX CODE	1=MALE 2=FEMALE		Case of : (OC SEX="MALE") 1 : (OC SEX="FEMALE") 2 End case	Integer	Value Frequency 1 1073 2 915 ------ Total 1988
OC RACE CODE	1=White 2=Black 3=Hispanic 4=Asian 5=American Indian 6=Other 7=Unknown	7 (55)	Case of : (OC RACE="ASIAN") 4 : (OC RACE="A_INDIAN") 5 : (OC RACE="BLACK") 2 : (OC RACE="HISPANIC") 3 : (OC RACE="OTHER") 6 : (OC RACE="UNKNOWN") 7 : (OC RACE="WHITE") 1	Integer	Value Frequency 1.00 1047 2.00 715 3.00 121 4.00 25 5.00 1 6.00 33 7.00 46 ------ Total 1988

Field Name	Description	Missing Values	Calculation	Format	Responses

OC UC	Unit Code
	
	Male Units:
	1=A134
	2=B134
	3=C134
	4=A213
	5=B213
	6=C213
	7=BPRO
	8=CPRO
	
	9=UNKN
	
	Female Units:
	10=B128
	11=D134
	12=D213
	13=E213
	14=D334
	15=EPRO
		9 (17)	Case of
			 : (OC UNIT="A134")
			  1
			 : (OC UNIT="A213")
			  4
			 : (OC UNIT="B128")
			  10
			 : (OC UNIT="B134")
			  2
			 : (OC UNIT="B213")
			  5
			 : (OC UNIT="BPRO")
			  7
			 : (OC UNIT="C134")
			  3
			 : (OC UNIT="C213")
			  6
			 : (OC UNIT="CPRO")
			  8
			 : (OC UNIT="D134")
			  11
			 : (OC UNIT="D213")
			  12
			 : (OC UNIT="D334")
			  14
			 : (OC UNIT="E213")
			  13
			 : (OC UNIT="EPRO")
			  15
			 : (OC UNIT="UNKN")
			  9
			End Case
				Integer	Value Frequency
					
					1.00 98
					2.00 190
					3.00 223
					4.00 210
					5.00 176
					6.00 56
					7.00 54
					8.00 63
					10.00 130
					11.00 189
					12.00 232
					13.00 210
					14.00 55
					15.00 85
					9.00 17
					    ------ 	
					Total 1988

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC SUB NUM	Subject Number, Unique			Alpha8	
OC RECYCLE CD	Subject Recycled to another unit? 1=Yes 2=No		Case of : (OC RCYC="Yes") 1 : (OC RCYC="No") 2 End case	Integer	Value Frequency 1 34 2 2694 ------ Total 2728
OC DISCHRGE CD	Subject Discharged? 1=Yes 2=No		Case of : (OC DSCHRG ="Yes") 1 : (OC DSCHRG ="No") 2 End case	Integer	Value Frequency 1 79 2 2649 ------ Total 2728
OC GRADUATE CD	Subject Graduated? 1=Yes 2=No		Case of : (OC GRADUATION ="Yes") 1 : (OC GRADUATION ="No") 2 End case	Integer	Value Frequency 1 2416 2 312 ------ Total 2728
OC A NUM	Entered as 1 for all subjects.			Integer	Value Frequency 1 2728 ------ Total 2728
OC LAST NAME				Alpha15	
OC FIRST NAME				Alpha12	
OC MI	Middle Initial	(241)		Alpha2	# Non-missing 2487
OC SOC SEC NUM	Social Security Number	(2)		Alpha11 (###-##-####)	# Non-missing 2726
OC SEX				Alpha6	Value Frequency MALE 1535 FEMALE 1193 ------ Total 2728

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Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC RACE		UNKNOWN (259)		Alpha8	Value Frequency ASIAN 34 A_INDIAN 12 BLACK 883 HISPANIC 130 OTHER 47 UNKNOWN 259 WHITE 1359 -------- Total 2728
OC AGE		— (231)		Integer	# Non-missing 2483 Mean 20.126 Median 19.000 Minimum 17.000 Maximum 40.000

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC UNIT	Basic Training Unit	UNKN (19)		Alpha4	Value Frequency A134 231 A213 220 B128 216 B134 212 B213 226 BPRO 109 C134 227 C213 215 CPRO 92 D134 216 D213 255 D334 168 E213 225 EPRO 97 UNKN 19 ------ Total 2728
OC PLT	Platoon	0 (2670)		Integer	Value Frequency 1 16 2 12 3 13 4 1 5 1 6 1 0 2684 ------ Total 2728

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses

OC DT STRT	Date Started Training	00/00/00 (3)	Case of
			: (OC UC=1)
			  09/23/88
			: (OC UC=2)
			  09/21/88
			: (OC UC=3)
			  09/22/88
			: (OC UC=4)
			  10/05/88
			: (OC UC=5)
			  09/23/88
			: (OC UC=6)
			  10/01/88
			: (OC UC=7)
			  10/13/88
			: (OC UC=8)
			  10/14/88
			: (OC UC=10)
			  09/16/88
			: (OC UC=11)
			  09/23/88
			: (OC UC=12)
			  10/07/88
			: (OC UC=13)
			  09/30/88
			: (OC UC=14)
			  10/07/88
			: (OC UC=15)
			  10/14/88
			End case
				Date	# Non-missing 2725
					Minimum 9/16/88
					Maximum 10/14/88

OC PT1 MILES	Number of miles ran for 1st OC Test	0 (33)		Integer	Value Frequency
					  1 1554
					  2 1141
					  0 33
					      ------- 	
					Total 2728

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC PT DT1	Date of 1st PT test	00/00/00 (653)		Date	# Non-missing 2075 Minimum 9/17/88 Maximum 10/11/88
OC PU1	# of push ups for 1st PT test (zeros are legitimate values)	999 (452)		Integer	# Non-missing 2276 Mean 21.942 Median 20.000 Minimum .000 Maximum 87.000
OC PUSC1	score for push ups for 1st PT test	0 (2713)		Integer	# Non-missing 15 Mean 56.133 Median 59.000 Minimum 24.000 Maximum 94.000
OC SU1	# of sit ups for 1st PT test (zeros are legitimate values)	999 (396)		Integer	# Non-missing 2332 Mean 39.962 Median 40.000 Minimum .000 Maximum 92.000
OC SU SC1	score for sit ups for 1st PT Test	0 (2713)		Integer	# Non-missing 15 Mean 55.133 Median 58.000 Minimum 6.000 Maximum 83.000
OC RUN MIN1	minutes portion of run time for 1st PT test	99 (421)		Integer	# Non-missing 2207 Mean 12.137 Median 10.000 Minimum 5.000 Maximum 29.000
OC RUN SEC1	seconds portion of run time for 1st PT Test	99 (421)		Integer	# Non-missing 2307
OC RUN TM1	run time for 1st PT test (Includes both 1 and 2 mile run times)	99.99 (421)	if (OC RUN MIN1=99, 99.99,(OC RUN MIN1+(OC RUN SEC1/60)))	Real	# Non-missing 2307 Mean 12.600 Median 10.920 Minimum 5.470 Maximum 29.830

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC RUN SC1	run score for 1st PT test	0 (2716)		Integer	# Non-missing 12 Mean 44.083 Median 53.000 Minimum 5.000 Maximum 82.000
OC OVRL SC1	Overall score for 1st PT test	0 (2708)	OC PUSC1 + OC SU SC1 + OC RUN SC1	Integer	# Non-missing 20 Mean 110.800 Median 112.000 Minimum 5.000 Maximum 255.000
OC HT IN1	Height in Inches from 1st PT Test	0 (2099)		Integer	# Non-missing 629 Mean 69.698 Median 70.000 Minimum 52.000 Maximum 81.000
OC HT CM1	Height in CM from 1st PT test	0 (2099)	OC HT IN1 * 2.54	Real	# Non-missing 629 Mean 177.035 Median 177.800 Minimum 132.100 Maximum 205.700
OC WT LB1	Weight in LB from 1st PT test	0 (2104)		Integer	# Non-missing 624 Mean 164.019 Median 160.000 Minimum 105.000 Maximum 245.000
OC WT KG1	Weight in KG from 1st PT test	0 (2104)	OC WT LB1/2.2	Real	# Non-missing 624 Mean 74.554 Median 72.700 Minimum 47.700 Maximum 111.364
OC BMI1 (kg/m^2)	Body Mass Index calculated for 1st PT test	0 (2104)	OC WT KG1/((OC HT CM1 /100)^2)	Real	# Non-missing 623 Mean 23.784 Median 23.110 Minimum 15.090 Maximum 36.730
OC PT DT4	Date of 4th PT test	00/00/00 (587)		Date	# Non-missing 2141 Minimum 11/2/88 Maximum 11/30/88

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC PU4	# of push ups for the 4th PT test (zeroes are legitimate values)	999 (480)		Integer	# Non-missing 2248 Mean 41.162 Median 41.000 Minimum 7.000 Maximum 96.000
OC PU SC4	score for push ups for 4th PT test	0 (1915)		Integer	# Non-missing 813 Mean 69.121 Median 68.000 Minimum 37.000 Maximum 100.000
OC SU4	# sit ups for 4th PT test (zeroes are legitimate values)	999 (474)		Integer	# Non-missing 2254 Mean 62.957 Median 62.000 Minimum 10.000 Maximum 99.000
OC SU SC4	score for sit ups for 4th PT test	0 (1912)		Integer	# Non-missing 816 Mean 72.702 Median 71.000 Minimum 20.000 Maximum 100.000
OC RUN MIN4	minutes portion of run time for 4th PT test	99 (501)		Integer	# Non-missing 2227 Mean 15.019 Median 15.000 Minimum 11.000 Maximum 30.000
OC RUN SEC4	seconds portion of run time for 4th PT test	99 (501)		Integer	# Non-missing 2227
OC RUN TM4	run time for 4th PT test	99.99 (501)	if (OC RUN MIN4=99, 99.99, (OC RUN MIN4+(OC RUN SEC4/60)))	Real	# Non-missing 2227 Mean 15.473 Median 15.020 Minimum 11.000 Maximum 30.750
OC RUN SC4	run score for 4th PT Test	0 (1920)		Integer	# Non-missing 808 Mean 79.526 Median 79.000 Minimum 28.000 Maximum 114.000

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC OVRL SC4	Overall score for 4th PT test	0 (1911)	OC PU SC4 + OC SU SC4 + OC RUN SC4	Integer	# Non-missing 817 Mean 220.045 Median 220.000 Minimum 104.000 Maximum 300.000
OC HT IN4	Height in Inches from 4th PT Test	0 (466)		Integer	# Non-missing 2262 Mean 67.531 Median 68.000 Minimum 51.000 Maximum 82.000
OC HT CM4	Height in CM from 4th PT test	0 (466)	OC HT IN4*2.54	Real	# Non-missing 2262 Mean 171.528 Median 172.700 Minimum 129.500 Maximum 208.300
OC WT LB4	Weight in LB from 4th PT test	0 (469)		Integer	# Non-missing 2259 Mean 148.817 Median 145.000 Minimum 92.000 Maximum 245.000
OC WT KG4	Weight in KG from 4th PT test	0 (469)	OC WT LB4/2.2	Real	# Non-missing 2259 Mean 67.644 Median 65.900 Minimum 41.800 Maximum 111.400
OC BMI4 (kg/m^2)	Body Mass Index calculated for 4th PT test	0 (469)	OC WT KG4/((OC HT CM4 /100)^2)	Real	# Non-missing 2259 Mean 22.840 Median 22.610 Minimum 1.350 Maximum 38.150
OC RCYC	Subject Recycled to another unit?		—(14)	Alpha3	Value Frequency 14 no 2680 yes 34 ------- Total 2728

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC RC DATE	Recycle Date	00/00/00 (2682)		Date	# Non-missing 32 Minimum 9/15/88 Maximum 11/23/88
OC RC REASON	Reason subject was recycled			Alpha30	
OC DSCHRG	Subject Discharged?		__(14)	Alpha3	Value Frequency 14 no 2635 yes 79 -------- Total 2728
OC DC DATE	Discharge Date	00/00/00 (2650)		Date	# Non-missing 78 Minimum 10/4/88 Maximum 12/2/88
OC DC REASON	Reason for discharge			Alpha30	
OC GRADUATION	Subject Graduated?		__(14)	Alpha3	Value Frequency 14 no 312 yes 2402 -------- Total 2728

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC GRAD DATE	Graduation Date	00/00/00 (315)	Case of : (OC UNIT="A134") 11/17/88 : (OC UNIT="A213") 12/01/88 : (OC UNIT="B128") 11/09/88 : (OC UNIT="B134") 11/17/88 : (OC UNIT="B213") 11/22/88 : (OC UNIT="BPRO") 12/08/88 : (OC UNIT="C134") 11/17/88 : (OC UNIT="C213") 11/22/88 : (OC UNIT="CPRO") 12/08/88 : (OC UNIT="D134") 11/17/88 : (OC UNIT="D213") 12/01/88 : (OC UNIT="D334") 12/01/88 : (OC UNIT="E213") 11/22/88 : (OC UNIT="EPRO") 12/08/88 : (OC UNIT="UNKN") 00/00/00 End Case	Date	# Non-missing 2413 Minimum 11/9/88 Maximum 12/8/88

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC TRAIN DUR	Training Duration	(21)	if (OC RC DATE>=OC DT STRT, (OC RC DATE - OC DT STRT)+1, if OC DC DATE>=OC DT STRT, (OC DC DATE-OC DT STRT)+1, if OC GRAD DATE>=OC DT STRT, (OC GRAD DATE-OC DT STRT)+1,0)))	Integer	# Non-missing 2707 Mean 57.248 Median 56.000 Minimum 1.000 Maximum 320.000
OC OTHER NOTES				Alpha65	
OC SEX CODE	1=MALE 2=FEMALE	(14)	Case of : (OC SEX="MALE") 1 : (OC SEX="FEMALE") 2 End case	Integer	Value Frequency 1 1522 2 1192 0 14 ------ Total 2728
OC RACE CODE	1=White 2=Black 3=Hispanic 4=Asian 5=American Indian 6=Other 7=Unknown	7,0 (274)	Case of :(OC RACE="ASIAN") 4 :(OC RACE="A_INDIAN") 5 :(OC RACE="BLACK") 2 :(OC RACE="HISPANIC") 3 :(OC RACE="OTHER") 6 :(OC RACE="UNKNOWN") 7 :(OC RACE="WHITE") 1 End Case	Integer	Value Frequency 1 1358 2 876 3 128 4 34 5 12 6 46 7 260 0 14 ------ Total 2728

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

Field Name	Description	Missing Values	Calculation	Format	Responses
OC UC	Unit Code Male Units: 1=A134 2=B134 3=C134 4=A213 5=B213 6=C213 7=BPRO 8=CPRO 9=UNKN Female Units: 10=B128 11=D134 12=D213 13=E213 14=D334 15=EPRO	9, 0 (34)	Case of : (OC UNIT="A134") 1 : (OC UNIT="A213") 4 : (OC UNIT="B128") 10 : (OC UNIT="B134") 2 : (OC UNIT="B213") 5 : (OC UNIT="BPRO") 7 : (OC UNIT="C134") 3 : (OC UNIT="C213") 6 : (OC UNIT="CPRO") 8 : (OC UNIT="D134") 11 : (OC UNIT="D213") 12 : (OC UNIT="D334") 14 : (OC UNIT="E213") 13 : (OC UNIT="EPRO") 15 : (OC UNIT="UNKN") 9 End Case	Integer	Value Frequency 1 229 2 201 3 226 4 220 5 226 6 215 7 109 8 92 9 20 10 216 11 216 12 255 13 225 14 167 15 97 0 14 -------- Total 2728

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

Field Name	Description	Format	Responses	Missing	Calculation
IN SUB NUM	Subject Number	Alpha10	Value Frequency 88J#### 1726 88J####.## 661 ----- Total 2387		
IN Acc Num	Entered as 1 for everyone	Integer	Value Frequency 1 2387 ----- Total 2387		
IN Last Name		Alpha15			
IN First Name		Alpha12			
IN MI	Middle Initial	Alpha2		(0)	
IN SSN	Social Security Number	Alpha11			
IN SEX		Alpha6	# Non-missing 2387 Value Frequency FEMALE 1337 MALE 1050 ----- Total 2387		
IN Race		Alpha8	Value Frequency ASIAN 21 A_INDIAN 7 BLACK 650 HISPANIC 116 OTHER 28 UNKNOWN 307 WHITE 1258 ----- Total 2387	UNKNOWN (307)	
IN Age		Integer	# Non-missing 2139 Mean 20.508 Median 19.000 Minimum 17.000 Maximum 40.000	0 (248)	

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Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

Field Name	Description	Miss-ing	Calculation	Format	Responses
IN Unit	Basic Training Unit			Alpha4	Value Frequency A134 126 A213 145 B128 207 B134 61 B213 123 BPRO 185 C134 119 C213 165 CPRO 126 D134 294 D213 243 D334 230 E213 169 EPRO 194 ------ Total 2387
IN Plt	Platoon	0 (2305)		Integer	Value Frequency 1 34 2 29 3 19 0 2305 ------ Total 2387
IN Dt Strt	Training start date			Date	# Non-missing 2387 Minimum 09/16/88 Maximum 10/15/88
IN Dt Inj	Date of injury			Date	# Non-missing 2387 Minimum 09/14/88 Maximum 12/06/88
IN Inj DC	Day of Cycle on which injury occurred	0 (0)	if (IN Dt Inj> IN Dt Strt, (IN Dt Inj- IN Dt Strt)+1,0)	Integer	# Non-missing 2387 Mean 28.360 Median 28.000 Minimum .000 Maximum 74.000
IN DX	Diagnosis			Alpha25	

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

Field Name	Description	Format	Miss-ing	Calculation	Responses
IN Type	Type of Injury	Alpha10	UNKNOWN (12)		Value Frequency ABRSN_LC 59 ACH_TNDNTS 52 ACT_TR/NOS 72 BLISTER 51 BURSITIS 9 CONTSN 64 DISLOCN 1 FASCITIS 90 FX 19 OTHER 29 OTH_TNDNTS 26 OUS/NOS 505 PAIN 681 SPRAIN 198 STRAIN 322 STRS_FX 56 STRS_RXN 141 UNKNOWN 12 -------- Total 2387
IN Side	Side of body on which injury occurred	Alpha2	UK (64)		Value Frequency BT 510 LF 655 NA 335 RT 823 UK 64 -------- Total 2387

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Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

Field Name	Description	Miss-ing	Calculation	Format	Responses
IN Body part	Body part that was injured	UNKNOWN (7)		Alpha8	Value Frequency ABDOMEN 29 ANKLE 350 CALF 251 CHEST 58 ELBOW 14 FOOT 661 HAND 46 HEAD 51 HIP 31 KNEE 420 LO_ARM 59 LO_BACK 185 NECK 12 OTHER 4 PELVIS 24 SHOULDER 86 THIGH 72 UNKNOWN 7 UP_ARM 9 UP_BACK 18 -------- Total 2387

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

Field Name	Description	Miss-ing	Calculation	Format	Responses
IN Disp	Disposition	UNKN (48)		Alpha4	Value Frequency CNSL 106 FLUP 69 HOSP 13 LD 10 NLB 1141 NONE 27 NOPT 48 NUB 122 OTHR 7 PTOP 23 RTD 773 UNKN 48 ---------- Total 2387
IN Days Lost	Number of Days of restricted duty resulting from injury	0 (1029)		Integer	# Non-missing 1358 Mean 6.703 Median 6.000 Minimum 1.000 Maximum 30.000

Fort Jackson 88 Injury Codes
4D Filename – FJ Injury

Field Name	Description	Format	Miss-ing	Calculation	Responses

IN Type Cd	Code for IN Type
	1=Stress Fracture
	2=Stress Reaction
	3=Achilles Tendonitis
	4=Other Tendonitis
	5=Bursitis
	6=Fascitis
	7=Overuse/Not
	  otherwise specified
	8=Pain
	9=Acute Trauma/ Not
	  otherwise specified
	10=Strain
	11=Sprain
	13=Dislocation
	14=Fracture
	15=Blister
	16=Abrasion/Laceration
	17=Contusion
	18=Other
	19=Unknown
		Integer		Case of
				: (IN Type="STRS_FX") 1
				: (IN Type="STRS_RXN") 2
				: (IN Type="ACH_TNDNTS") 3
				: (IN Type="OTH_TNDNTS") 4
				: (IN Type="BURSITIS") 5
				: (IN Type="FASCITIS") 6
				: (IN Type="OUS/NOS") 7
				: (IN Type="PAIN") 8
				: (IN Type="ACT_TR/NOS") 9
				: (IN Type="STRAIN") 10
				: (IN Type="SPRAIN") 11
				: (IN Type="DISLOCN") 13
				: (IN Type="FX") 14
				: (IN Type="BLISTER") 15
				: (IN Type="ABRSN_LC") 16
				: (IN Type="CONTSN") 17
				: (IN Type="OTHER") 18
				: (IN Type="UNKNOWN") 19
				End Case
					Value Frequency
					1.00 56
					2.00 141
					3.00 52
					4.00 26
					5.00 9
					6.00 90
					7.00 505
					8.00 681
					9.00 72
					10.00 322
					11.00 198
					13.00 1
					14.00 19
					15.00 51
					16.00 59
					17.00 64
					18.00 29
					19.00 12
					------ 	
					Total 2387

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

Field Name	Description	Miss-ing	Calculation	Format	Responses	
IN Prt Cd	Code for IN Body Part		Case of	Integer	Value	Frequency
	1=Head		: (IN Body Part="HEAD") 1		1.00	51
	2=Neck		: (IN Body Part="NECK") 2		2.00	12
	3=Chest		: (IN Body Part="CHEST") 3		3.00	58
	4=Abdomen		: (IN Body Part="ABDOMEN") 4		4.00	29
	5=Upper back		: (IN Body Part="UP_BACK") 5		5.00	18
	6=Shoulder		: (IN Body Part="SHOULDER") 6		6.00	86
	7=Upper Arm		: (IN Body Part="UP_ARM") 7		7.00	9
	8=Elbow		: (IN Body Part="ELBOW") 8		8.00	14
	9=Lower Arm		: (IN Body Part="LO_ARM") 9		9.00	59
	10=Hand		: (IN Body Part="HAND") 10		10.00	46
	11=Lower Back		: (IN Body Part="LO_BACK") 11		11.00	185
	12=Pelvis		: (IN Body Part="PELVIS") 12		12.00	24
	13=Hip		: (IN Body Part="HIP") 13		13.00	31
	14=Thigh		: (IN Body Part="THIGH") 14		14.00	72
	15=Knee		: (IN Body Part="KNEE") 15		15.00	420
	16=Calf		: (IN Body Part="CALF") 16		16.00	251
	17=Ankle		: (IN Body Part="ANKLE") 17		17.00	350
	18=Foot		: (IN Body Part="FOOT") 18		18.00	661
	19=Other		: (IN Body Part="OTHER") 19		19.00	4
	20=Unknown		: (IN Body Part="UNKNOWN") 20		20.00	7
			End Case			------
					Total	2387

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

Field Name	Description	Miss-ing	Calculation	Format	Responses
IN Disp cd	Code for IN Disp 1=Return to duty 2=Light Duty 3=PT own pace 4=No upper body 5=No lower body 6=No PT 7=Hospital 8=Consult 9=Other 10=Unknown 11=None 12=Follow Up	0 (0)	Case of :(IN Disp="RTD") 1 :(IN Disp="LD") 2 :(IN Disp="PTOP") 3 :(IN Disp="NUB") 4 :(IN Disp="NLB") 5 :(IN Disp="NOPT") 6 :(IN Disp="HOSP") 7 :(IN Disp="CNSL") 8 :(IN Disp="OTHR") 9 :(IN Disp="UNKN") 10 :(IN Disp="NONE") 11 :(IN Disp="FLUP") 12 End Case	Integer	Value Frequency 1.00 773 2.00 10 3.00 23 4.00 122 5.00 1141 6.00 48 7.00 13 8.00 106 9.00 7 10.00 48 11.00 27 12.00 69 ------- Total 2387
IN Comb Cd	First two digits are from IN Type Cd, last two digits are from IN Prt Cd	(38)	IN Type Cd*100+IN Prt Cd	Integer	# Non-missing 2349 Mean 856.756 Median 816.000 Minimum 113.000 Maximum 1920.000
IN side cd	Code for IN Side 1=Right 2=Left 3=Both 4=Not Applicable 5=Unknown		Case of :(IN Side="RT") 1 :(IN Side="LF") 2 :(IN Side="BT") 3 :(IN Side="NA") 4 :(IN Side="UK") 5 End Case	Integer	Value Frequency 1.00 823 2.00 655 3.00 510 4.00 335 5.00 64 ------- Total 2387

ADDITIONAL CODING NOTATIONS OF INJURY VARIABLES IN THE FORT BLISS/JACKSON DATABASE

Coding of injury type based on injury diagnosis

INJ DX LISTS:	INJ TYPE CODED AS:	NOTES
ganglion cyst	OUS/NOS	
ingrown toenail	OUS/NOS	
shin splints	OUS/NOS	
PFS (patella femoral syndrome)	OUS/NOS	
paronychia/onychogryphosis	OUS/NOS	
RPPS	OUS/NOS	overuse of the knee
exercise-related injury	OUS/NOS	
pain/overuse	OUS/NOS	use the more specific response
corns/bunions (foot problem)	PAIN	these are painful foot problems
numbness	PAIN	
loss of feeling	PAIN	
spasm (only)	PAIN	spasm is listed by itself
CWP (chest wall pain)	PAIN	
chest muscular pain	PAIN	
chest pain/tenderness	PAIN	assume to be muscular pain
spasm/strain	STRAIN	
muscle/tendon	STRAIN	
pulled muscle	STRAIN	
muscle tear	STRAIN	
trauma/joint	SPRAIN	
hyperextension	SPRAIN	
ligament/MCL (ligament)	SPRAIN	
twisted	SPRAIN	
trauma/non-joint	CONTUSION	
soft/deep tissue injury	CONTUSION	
splinter	ABRSN_LC	consider this a type of laceration
rope burn	ABRSN_LC	consider this a type of abrasion
injury listed as diagnosis	ACT_TR/NOS	
callouses	OTHER	record as PAIN if mentioned in DX
costochondritis	OTHER	
xray/bone scan entry only	UNKNOWN	no info is given regarding inj type

**special consideration to coding changes as follows:

**if diagnosis entry is incomplete and only mentions a body part, then add "injury" to DX entry and code injury type as: UNKNOWN...(ex...diagnosis only lists "hand", change to "hand injury" and code this as injury type=UNKNOWN)

**if injury type is not given in the diagnosis or injury type=?, code type as: UNKNOWN

**if diagnosis lists "blister" and "cellulitis", move this entry to the illness file and code as a bacterial infection for illness type

ADDITIONAL CODING NOTATIONS OF INJURY VARIABLES IN THE FORT BLISS/JACKSON DATABASE

Recoding injury type to a downgrade

INJ DX LISTS:	INJ TYPE CODED AS:	NOTES
R/O FX	ACT_TR/NOS	Xray results are not mentioned
R/O STRS_FX	STRS_RXN	Xray results are not mentioned
R/O STRS_RXN/PAIN	PAIN	w/o Xray results, code as PAIN
R/O STRS_RXN	OUS/NOS	Xrays/"pain" are not mentioned
R/O OUS (overuse)	PAIN	applies if "pain" listed/not listed

Coding of body part side if side is not mentioned

INJ PART LISTS:	INJ SIDE CODED AS:	NOTES
LO_BACK/UP_BACK	N/A	
CHEST or ABDOMEN	N/A	

Recoding of body part

INJ PART LISTS:	INJ PART CODED AS:	NOTES
groin	PELVIS	
tailbone/coccyx	PELVIS	
buttocks	LO_BACK	low back usually includes buttocks
wrist	LO_ARM	
tibia (inner leg)	SHIN or CALF	medial=CALF; distal=ANKLE
fibula (outer leg)	CALF	medial=CALF; distal=ANKLE
leg (not specific)	CALF	

**special consideration to coding changes as follows:
**injury diagnosis lists multiple body parts...try to choose the most appropriate part, otherwise; code body part as OTHER

Coding of appropriate body part in relation to injury diagnosis

INJ DX LISTS:	INJ PART CODED AS:	NOTES
shin splints	CALF or SHIN	
achilles tendonitis	FOOT	

ADDITIONAL CODING NOTATIONS OF INJURY VARIABLES IN THE FORT BLISS/JACKSON DATABASE

Coding of injury dispositions

INJ DISP LISTS:	INJ DISP CODED AS:	NOTES
RTC/PRN	RTD	return to clinic as needed
TL-2	NLB	
TU-2	NUB	
PROFILE	NOPT, NLB, or NUB	code dependent upon dx+body part
CODE C	OTHER	
"crutches"	OTHER	
"soft shoe"	NLB	

Coding days lost/disposition in conjunction with each other (based on med rec reviews)

INJ DISP/DL LISTS:	INJ DISP/DL CODED AS:	NOTES
disp=RTD, dl=# (>0)	NUB/NLB with dl=# (>0)	disp depends on dx + body part
disp=NLB/NUB/NOPT, dl=? or dl=0	NLB/NUB/NOPT with dl=1	
disp=xxx, dl>1	disp=xxx, dl=2	
disp=0, dl=0	disp=RTD, dl=0	
disp/dl=blank, dx="follow-up"	disp=FLUP, dl=0	
disp=blank, dl=0 or dl=blank	disp=RTD, dl=0	
disp=blank and dl=# (>0)	disp=UNKN with dl=# (>0)	

**special consideration to coding changes as follows:
**injury diagnosis is listed as xray/bone scan entry only and no disposition or days lost is given, code disp = NONE and DL = 0
**injury diagnosis lists xray/bone scan results only and no disposition or days lost is given, add these results to a previous injury entry, if applicable, otherwise; code as above

**FOR OVERLAPPING DAYS LOST:
(1) If second visit has disp=FLUP, and there is a balance of days lost from previous visit, (overlapping days) then continue profile with remainder of days lost.
(2) If second visit has disp=RTD and dl=0, then profile is stopped and days lost is then reduced from previous visit (so that number of days dispensed does not extend past second visit).
(3) If initial disp=NUB for first visit with days dispensed and second visit has a disp=NLB with days dispensed, then both profiles can exist without changing overlapping days lost from first visit.

ADDITIONAL CODING NOTATIONS OF INJURY VARIABLES IN THE FORT BLISS/JACKSON DATABASE

Coding of bone scan and xray results (including interpretation grade (IG) for Fort Bliss)

XRAY/BONE SCAN RESULTS:	XRAY/BS IG CODED AS:	NOTES
if XRAY=NO	XRAY IG=NA	
if XRAY=NEG	XRAY IG=NA	
if BONE SCAN=NO	BONE SCAN IG=NA	
if BONE SCAN=NEG	BONE SCAN IF=NA	

**special consideration to coding changes as follows:
**if there is no record of a bone scan/xray being performed, then code XR/BS=NO under results
**Note: xray results could be positive with IG=NONE, so use IG=NA when xray is negative

Recoding of injury types into overuse and traumatic categories

OVERUSE CATEGORY:	TRAUMATIC CATEGORY:
STRS_FX (stress fracture)	FX (fracture)
STRS_RXN (stress reaction)	DISLOCN (dislocation)
ACH_TNDNTS (achilles tendinitis)	SPRAIN
OTH_TNDNTS (other tendinitis)	STRAIN
BURSITIS	CONTSN (contusion)
FASCITIS	ABRSN_LC (abrasion/laceration)
PAIN	BLISTER
OUS/NOS (overuse/not specified)	ACT_TR/NOS (acute trauma/not specified)

SPECIAL NOTE: If any injury entry cannot be located in the medical record review abstracts, or verified elsewhere, then insert a double asterisk (**) at the beginning of the injury diagnosis text field

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

Field Name	Description	Missing Values	Calculation	Format	Responses
IL SUB NUM	Subject Number, Unique			Alpha10 (88J####)	
IL A NUM	Entered as 1 for everyone			Integer	Value Frequency 1 1829 ------ Total 1829
IL LAST NAME				Alpha15	
IL FIRST NAME				Alpha12	
IL MI	Middle Initial	(152)		Alpha2	
IL SOC SEC NUM	Social Security Number			Alpha11	# Non-missing 1677
IL SEX				Alpha6	Value Frequency FEMALE 1062 MALE 767 ------ Total 1829
IL RACE		— (67)		Alpha8	Value Frequency ASIAN 67 A_INDIAN 12 9 BLACK 739 HISPANIC 66 OTHER 22 UNKNOWN 143 WHITE 771 ------ Total 1829
IL AGE		0 (190)		Integer	# Non-missing 1639 Mean 20.056 Median 19.000 Minimum 17.000 Maximum 36.000

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

Field Name	Description	Format	Missing Values	Calculation	Responses
IL UNIT	Basic Training Unit	Alpha4			Value Frequency A134 77 A213 143 B128 167 B134 80 B213 109 BPRO 95 C134 72 C213 126 CPRO 65 D134 165 D213 273 D334 157 E213 159 EPRO 141 ------ Total 1829
IL PLT	Platoon	Integer	0 (1789)		Value Frequency 0 1789 1 9 2 12 3 18 5 1 ------ Total 1829
IL DT STRT	Training start date	Date	00/00/00 (156)		# Non-missing 1673 Minimum 09/16/88 Maximum 10/14/88
IL DT ILL	Date of illness	Date	00/00/00 (465)		# Non-missing 1364 Minimum 08/28/88 Maximum 12/12/88
IL ILL DC	Day of Cycle on which illness occurred	Integer	0 (53)	if (IL DT ILL >=IL DT STRT, (IL DT ILL - IL DT STRT)+1,0)	# Non-missing 1776 Mean 27.417 Median 25.000 Minimum 1.000 Maximum 60.000
IL ILL DX	Diagnosis	Alpha25			

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

Field Name	Description	Missing Values	Calculation	Format	Responses
IL_TMP	Temperature	0 (369)		Real	# Non-missing 1460 Mean 97.953 Median 98.000 Minimum 92.500 Maximum 102.600
IL_Type	Type of Illness			Alpha8	Value Frequency ALLRG 27 ARRYTH 2 BITE/STG 18 BLOOD 8 COLD 1 CV_OTHER 3 DEGNR 2 ENVRN 1 HA 16 HEAT 4 IMMN 7 INFLAM 28 MYC/FUNG 85 NS_RASH 60 OTHER 188 OTH_INF 71 PRSCRPT 93 P_BACT 161 P_VIRAL 758 UNKNOWN 296 -------- Total 1829

Field Name	Description	Missing Values	Calculation	Format	Responses
IL System	System affected by illness.			Alpha8	Value Frequency BTH_GI 42 CIRCVAS 23 CNS 2 CNTRCPTV 86 DERM 223 EARS 16 ENDCR 1 EYES 40 GEN/REP 163 HEART 7 LO_GI 32 LO_RESP 3 OTHER 94 PSYCH 14 STD 82 UNKNOWN 86 UP_GI 86 UP_RESP 755 URN_TR 74 ------ Total 1829
IL Disp	Disposition			Alpha4	Value Frequency CNSL 91 HOSP 99 LD 16 NOPT 13 OTHR 6 PTOP 7 RTD 1591 UNKN 6 ------ Total 1829
IL DaysLost	Number of Days of restricted duty resulting from illness			Integer	# Non-missing 1829 Mean 0.250 Median 0.000 Minimum 0.000 Maximum 20.000

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

Field Name	Description	Missing Values	Calculation	Format	Responses
IL Type Cd	Code for IL Type 1=Viral Illness 2=Bacterial Illness 3=Mycology/Fungal 4=Other Infection 5=Inflammation 6=Non-Specific Rash 7=Immunological 8=Allergy 9=Degenerative 10=Arrythmia 11=Cardiovascular/ Other 12=Blood 13=Cold 14=Heat 15=Environmental 16=Bite/Sting 17=Other 18=Unknown 20=Prescription 21=Head Ache		Case of : (IL Type="P_VIRAL") 1 : (IL Type="P_BACT") 2 : (IL Type="MYC/FUNG") 3 : (IL Type="OTH_INF") 4 : (IL Type="INFLAM") 5 : (IL Type="NS_RASH") 6 : (IL Type="IMMN") 7 : (IL Type="ALLRG") 8 : (IL Type="DEGNR") 9 : (IL Type="ARRYTH") 10 : (IL Type="CV_OTHER") 11 : (IL Type="BLOOD") 12 : (IL Type="COLD") 13 : (IL Type="HEAT") 14 : (IL Type="ENVRN") 15 : (IL Type="BITE/STG") 16 : (IL Type="OTHER") 17 : (IL Type="UNKNOWN") 18 : (IL Type="PRSCRPT") 20 : (IL Type="HA") 21 End Case	Integer	Value Frequency 1 758 2 161 3 85 4 71 5 28 6 60 7 7 8 27 9 2 10 2 11 3 12 8 13 1 14 4 15 1 16 18 17 188 18 296 20 93 21 16 -------- Total 1829

Field Name	Description	Missing Values	Calculation	Format	Responses	
					Value	Frequency
IL System Cd	Code for IL System		Case of	Integer		
	1=Upper Respiratory		:(IL System="UP_RESP") 1		1	755
	2=Lower Respiratory		:(IL System="LO_RESP") 2		2	3
	3=Upper Gastrointestinal		:(IL System="UP_GI") 3		3	86
	4=Lower Gastrointestinal		:(IL System="LO_GI") 4		4	32
	5=Both Gastrointestinal		:(IL System="BTH_GI") 5		5	42
	6=Urinary Tract		:(IL System="URN_TR") 6		6	74
	7=Genital/Reproductive		:(IL System="GEN/REP") 7		7	163
	8=Sexually Transmitted Disease		:(IL System="STD") 8		8	82
	9=Dermatology		:(IL System="DERM") 9		9	223
	10=Heart		:(IL System="HEART") 10		10	7
	11=Circulatory/Vascular		:(IL System="CIRCVAS") 11		11	23
	12=Central Nervous System		:(IL System="CNS") 12		12	2
	13=Eyes		:(IL System="EYES") 13		13	40
	14=Ears		:(IL System="EARS") 14		14	16
	15=Psychological		:(IL System="PSYCH") 15		15	14
	16=Endocrine		:(IL System="ENDCR") 16		16	1
	17=Other		:(IL System="OTHER") 17		17	94
	18=Unknown		:(IL System="UNKNOWN") 18		18	86
	20=Contraceptive		:(IL System="CNTRCPTV") 20		20	86
			End Case			------
					Total	1829
IL Disp Cd	Code for IL Disp		Case of	Integer	Value	Frequency
	1=Return to duty		:(IL Disp="RTD") 1		1	1591
	2=Light Duty		:(IL Disp="LD") 2		2	16
	3=PT own pace		:(IL Disp="PTOP") 3		3	7
	4=No PT		:(IL Disp="NOPT") 4		4	13
	5=Quarters		:(IL Disp="QRTR") 5		6	99
	6=Hospital		:(IL Disp="HOSP") 6		7	91
	7=Consult		:(IL Disp="CNSL") 7		8	6
	8=Other		:(IL Disp="OTHR") 8		9	6
	9=Unknown		:(IL Disp="UNKN") 9			------
			End Case		Total	1829

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

Field Name	Description	Missing Values	Calculation	Format	Responses
IL Comb Cd		0 (19)	IL Type Cd*100+ IN System Cd	Integer	# Non-missing 1810 Mean 750.885 Median 209.000 Minimum 101.000 Maximum 2117.000

ADDITIONAL CODING NOTATIONS OF ILLNESS VARIABLES IN THE FORT BLISS/JACKSON DATABASE

Coding of illness type and illness system based on illness diagnosis

ILL DX LISTS:	ILL TYPE CODED AS:	ILL SYSTEM CODED AS:	NOTES
smallpox problem	ALLRG	OTHER	
immunization reaction	ALLRG	OTHER	
allergy reaction	ALLRG	OTHER	
asthma	ALLRG	LO_RESP	
dysuria	BACT	STD	
sinusitis	BACT	UP_RESP	
pneumonia	BACT	LO_RESP	
strep throat	BACT	UP_RESP	
sunburn	ENVRN	DERM	
epididymitis	INFLAM	GENTL	
gastritis	INFLAM	UP_GI	
nausea	INFLAM	UP_GI	
vomiting	INFLAM	UP_GI	
abdominal pain/vomiting	INFLAM	UP_GI	
acne	INFLAM	DERM	
tinea/fungus	NS_RASH	DERM	
PFB (pseudofollicular)	NS_RASH	DERM	
diarrhea	UNK_INF	LO_GI	
bronchitis	UNK_INF	UP_RESP	
conjunctivitis	UNK_INF	EYES	**[1]
gastroenteritis	UNK_INF	BTH_GI	
chest congestion	VIRAL	LO_RESP	
nasal/sinus congestion	VIRAL	UP_RESP	
r/o pneumonia	VIRAL	LO_RESP	
URI	VIRAL	UP_RESP	
acute respiratory disease	VIRAL	UP_RESP	
sorethroat	VIRAL	UP_RESP	
pharyngitis	VIRAL	UP_RESP	

**special consideration to coding changes as follows:
**[1] if diagnosis entry for conjunctivitis specifies bacterial or viral, then code accordingly as BACT or VIRAL instead of UNK_INF

ADDITIONAL CODING NOTATIONS OF ILLNESS VARIABLES IN THE FORT BLISS/JACKSON DATABASE

Recoding illness entries for prescription refills, lab tests, xrays, and exams

ILL DX LISTS:	ILL TYPE CODED AS:	ILL SYSTEM CODED AS:	DISP	NOTES
rx refills	OTHER	OTHER	NONE	
rx refill inhalers	OTHER	LO_RESP	NONE	**[1]
acne meds	INFLAM	DERM	RTD	**[2]
lab work	OTHER	UNKNOWN	NONE	
urine/blood work result	OTHER	URN_TR	NONE	**[3]
lab/tr bld occult/nsu /antibiotics	BACT	URN_TR	RTD	**[4]
chest xray	OTHER	UNKNOWN	NONE	
sinusitis xray report	BACT	UP_RESP	RTD	**[5]
eye exam	OTHER	EYES	NONE	

**special consideration to coding changes as follows:
**[1] if it can be determined what the prescription is for, then code the system accordingly and disposition remains as NONE
**[2] if a partial diagnosis is given, or clarifies what the prescription is for, then code the type and system accordingly, and code the disposition as RTD
**[3] if it can be determined what the lab work is for, then code the system accordingly and disposition remains as NONE
**[4] if a partial diagnosis is given, or clarifies what the lab work is for, then code the type and system accordingly, and code the disposition as RTD
**[5] if a partial diagnosis is given, or clarifies what the xray is for, then code the type and system accordingly, and code the disposition as RTD

Coding of illness disposition and days lost

ILL DISP LISTS:	ILL DISP CODED AS:	ILL DL CODED AS:	NOTES
PFB/shaving profile with dl=10	RTD	dl=0	**[1]
bed rest with dl=#	QRTR	dl=#	
no profile	NONE	dl=0	

**special consideration to coding changes as follows:
**[1] the shaving profile does not interfere with the basic training schedule, so disposition is coded as RTD with dl=0

ADDITIONAL CODING NOTATIONS OF ILLNESS VARIABLES IN THE FORT BLISS/JACKSON DATABASE

Coding days lost/disposition in conjunction with each other (based on med rec reviews)

ILL DISP/DL LISTS:	ILL DISP/DL CODED AS:	NOTES
disp=RTD, dl=# (>0) + system	LD/PTOP with dl=# (>0)	choosing disp depends on dx + type
disp=0, dl=0	disp=RTD with dl=0	
disp=blank, dl=0 or dl=blank	disp=RTD with dl=0	
disp=blank and dl=# (>0)	disp=UNKN with dl=# (>0)	

**special consideration to coding changes as follows:

**illness diagnosis is listed as xray entry only and no disposition or days lost is given, code disposition as NONE and dl = 0

**illness diagnosis lists xray results only and no disposition or days lost is given, but there is a previous diagnosis entry, then add these results to the previous illness entry, if applicable, otherwise; code as above

SPECIAL NOTE: If any illness entry cannot be located in the medical record review abstracts, or verified elsewhere, then insert a double asterisk (**) at the beginning of the illness diagnosis text field

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Sub Num	Subject Number, Unique		—(35)		Alpha8	
G Unit	Basic Training Unit				Alpha4	Value Frequency A134 99 A213 211 B128 143 B134 217 B213 177 B315 2 B334 6 BPRO 53 C134 227 C213 55 CPRO 63 D134 206 D213 232 D334 49 E213 210 PROT 1 UNKN 14 -------- Total 2049
G Last Name					Alpha15	
G First Name					Alpha15	
G MI	Middle Initial		(152)		Alpha2	# Non-missing 1897
G SSN	Social Security Number		(0)		Alpha11	# Non-missing 2049
G DOB	Date of Birth		00/00/00 (69)		Date	# Non-missing 1980 Minimum 11/25/47 Maximum 01/21/92
G Age			0 (12)		Integer	# Non-missing 2037 Mean 20.116 Median 19.000 Minimum 17.000 Maximum 40.000

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Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Sex					Alpha6	Value Frequency FEMALE 944 MALE 1105 ------ Total 2049
G Sex CD	Sex Code 1=Male 2=Female			if(G Sex= "Male" ,1,2)	Integer	Value Frequency 1 1105 2 944 ------ Total 2049
G Home	Home State (two character postal abbreviation)				Alpha2	
G Acc Num					Integer	Value Frequency 1 2049 ------ Total 2049
G Ed Yrs	Total Number of years of school completed. GED or high school diploma entered as 12. College graduation entered as 16.	1	0 (87)		Integer	Value Frequency 8 1 9 5 10 12 11 18 12 1486 13 206 14 122 15 46 16 55 17 6 18 5 0 87 ------ Total 2049

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G HS Grad	Graduated from high school? 1=Yes 2=No	1	0 (6)		Integer	Value Frequency 1 1967 2 76 0 6 ------ Total 2049
G HS YR	Year of high school graduation.	1	0 (158)		Integer	# Non-missing 1891 Mean 86.040 Median 88.000 Minimum 64.000 Maximum 89.000
G Tech Grad	Graduated from a Jr. College, tech, or trade school? 1=Yes 2=No	1	0 (55)		Integer	Value Frequency 1 209 2 1785 0 55 ------ Total 2049
G Tech Yr	Year of Graduation from Jr. College, tech, or trade school.	1	0 (186)		Integer	# Non-missing 1863 Mean 85.903 Median 87.000 Minimum 72.000 Maximum 88.000
G Col Gr	Graduated from college? 1=Yes 2=No	1	0 (65)		Integer	Value Frequency 0 65 1 74 2 1902 ------ Total 2041
G Col Yr	Year of college graduation.	1	0 (1983)		Integer	# Non-missing 66 Mean 85.621 Median 87.000 Minimum 77.000 Maximum 88.000
G Job Name	Name of last job	2			Alpha20	

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Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Job Hrs Wk	Number of hours worked per week	2	0 (169)		Integer	# Non-missing 1881 Mean 36.649 Median 40.000 Minimum 3.000 Maximum 120.000
G Last Yr	Last year worked	2	0 (402)		Integer	# Non-missing 1647
G Total Mnths	Total number of months worked in last year of work.	2	0 (205)		Integer	# Non-missing 1844 Mean 5.995 Median 5.000 Minimum 1.000 Maximum 13.000
G Last Mnth	Last Month worked JA=January FB=February MA=March AP=April MY=May JN=June JL=July AG=August SP=September OC=October NV=November DC=December	2	— (210)		Alpha3	Value Frequency AG 210 AP 509 DC 25 FB 502 JA 10 JL 7 JN 151 MA 82 MY 17 NV 59 OC 17 SP 27 433 -------- Total 2049
G Job Desc	Job description	2			Alpha36	
G Busns Type	Type of Business	2			Alpha23	

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Act Lvl	Overall physical activity level	3			Alpha10	Value Frequency Inactive 34 Not Very Active 205 Average 757 Active 697 Very Active 352 Unknown 4 ----- Total 2049
G Act Lvl Cd	Overall physical activity level code 1=Inactive 2=Not Very Active 3=Average 4=Active 5=Very Active	3	0 (4)	If (G Act Lvl= "Inactive",1,if (G Act Lvl= "N.V.Active",2, if (G Act Lvl= "Average",3,if (G Act Lvl= "Active",4,if (G Act Lvl= "Vry Active",5,0)	Integer	Value Frequency 1 34 2 205 3 757 4 697 5 352 0 4 ----- Total 2049
G Var sports	Participated in Varsity Sports? 1=Yes 2=No	4	0 (11)		Integer	Value Frequency 1 1112 2 926 0 11 ----- Total 2049
G Tl Yr Vrst	Total number of years (between 1983 and 1988) of varsity sport participation	4	0 (968)		Integer	# Non-missing 1081 Mean 3.140 Median 3.000 Minimum 1.000 Maximum 11.000
G Last Vrst Yr	Last year of varsity sport participation	4	0 (970)		Integer	# non-missing 1079 Mean 85.927 Median 87.000 Minimum 70.000 Maximum 88.000

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Non Schl sp	Participated in non-varsity sports? 1=yes 2=no	4	0 (60)		Integer	Value Frequency 1 1014 2 975 0 60 ------ Total 2049
G Tl NSS yrs	Total number of years (between 1983 and 1988) of non-varsity sport participation	4	0 (1144)		Integer	# Non-missing 905 Mean 3.535 Median 3.000 Minimum 1.000 Maximum 16.000
G Last NSS yr	Last year of non-varsity sport participation	4	0 (1144)		Integer	# Non-missing 905 Mean 86.457 Median 87.000 Minimum 64.000 Maximum 88.000
G Org Sport 1	Name of organized sport participated in high school or college (first entry)	5			Alpha15	
G Org Sport 2	Name of organized sport participated in high school or college (second entry)	5			Alpha15	
G Org Sport 3	Name of organized sport participated in high school or college (third entry)	5			Alpha15	
G Var Lttr	Received a varsity letter in high school or college sports? 1=Yes 2=No	6	0 (13)		Integer	Value Frequency 1 807 2 1229 0 13 ------ Total 2049

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Yrs Started	Number of years started in a varsity sport in high school or college.	6	0 (1273)		Integer	Value Frequency 1 161 2 229 3 195 4 143 5 17 6 19 7 4 8 5 9 3 0 1273 ------- Total 2049
G Varsty Sprt1	Name of high school or college varsity sport participated in. (first entry)	6			Alpha15	
G Varsty Sprt2	Name of high school or college varsity sport participated in. (second entry)	6			Alpha15	
G Varsty Sprt3	Name of high school or college varsity sport participated in. (third entry)	6			Alpha15	
G Fit Lvl	Physical fitness level	7			Alpha1	Value Frequency Poor 19 Below Average 208 Average 1224 Above Average 503 Excellent 91 Unknown 4 ------- Total 2049

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G F L Code	Physical fitness level code. 1=Poor 2=Below Average 3=Average 4=Above Average 5=Excellent	7	0 (4)		Integer	Value Frequency 1 19 2 208 3 1224 4 503 5 91 0 4 ------ Total 2049
G Fit Act	Exercised regularly to keep fit? 1=Yes 2=No	8	0 (6)		Integer	Value Frequency 1 1445 2 598 0 6 ------ Total 2049
G T Yr FA	Total number of years (between 1983 and 1988) of regular fitness exercise	8	0 (608)		Integer	# Non-Missing 1441 Mean 3.001 Median 2.000 Minimum 1.000 Maximum 9.000
G Ls Yr FA	Last year of regular fitness exercise	8	0 (608)		Integer	# Non-missing 1441 Mean 87.401 Median 88.000 Minimum 77.000 Maximum 88.000
G Fts Act1	Fitness activity (first entry)	8			Alpha15	
G Fts Act2	Fitness activity (second entry)	8			Alpha15	
G Fts Act3	Fitness activity (third entry)	8			Alpha15	

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G W Act Lvl	Occupational activity level	9			Alpha9	Value Frequency Sedentary 412 Light Work 677 Medium Work 532 Heavy Work 241 Very Heavy Work 148 Unknown 39 -------- Total 2049

G W AL Code	Occupational activity level code
	
	1=Sedentary
	2=Light Work
	3=Medium Work
	4=Heavy Work
	5=Very Heavy Work
		9	0 (39)		Integer	Value Frequency
						  1 412
						  2 677
						  3 532
						  4 241
						  5 148
						  0 39
						          -------- 	
						Total 2049

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Org Sprt1 Cd	Code for G Org Sport1 1=Walking/Hiking 2=Horseback Riding 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (558)		Integer	Value Frequency 2 1 3 194 4 8 5 23 8 19 9 23 10 61 11 31 12 326 13 276 14 68 15 11 16 14 17 36 18 223 19 37 20 112 21 28 0 558 -------- Total 2049

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses	
G Org Sprt2 Cd	Code for G Org Sport2 1=Walking/Hiking 2=Horseback Riding . 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (968)		Integer	Value	Frequency
						1	3
						2	1
						3	169
						4	8
						5	16
						8	30
						9	11
						10	36
						11	34
						12	212
						13	122
						14	43
						15	5
						16	8
						17	26
						18	197
						19	35
						20	106
						21	19
						0	968
						Total	2049

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Org Sprt3 Cd	Code for G Org Sport3 1=Walking/Hiking 2=Horseback Riding 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (1385)		Integer	Value Frequency 1 1 2 1 3 119 4 15 5 12 6 1 8 33 9 9 10 13 11 34 12 82 13 48 14 22 15 4 16 3 17 18 18 147 19 24 20 52 21 26 0 1385 -------- Total 2049

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Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Var Sprt1 Cd	Code for G Varsty Sprt1 1=Walking/Hiking 2=Horseback Riding 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (1275)		Integer	Value Frequency 3 141 4 1 5 1 8 1 10 44 11 17 12 173 13 179 14 33 15 1 16 4 17 28 18 79 19 18 20 43 21 11 0 1275 ------ Total 2049

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Var Sprt2 Cd	Code for G Varsty Sprt2 1=Walking/Hiking 2=Horseback Riding 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (1707)		Integer	Value Frequency 3 91 5 1 8 2 10 14 11 5 12 61 13 51 14 10 16 2 17 6 18 59 19 8 20 27 21 5 0 1707 ------ Total 2049

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Var Sprt3 Cd	Code for G Varsty Sprt3 1=Walking/Hiking 2=Horseback Riding 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (1944)		Integer	Value Frequency 3 39 4 1 8 2 10 4 11 4 12 11 13 9 14 6 16 2 17 3 18 14 20 8 21 2 0 1944 ----- Total 2049

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Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Fit Act1 Cd	Code for G Fts Act1 1=Walking/Hiking 2=Horseback Riding 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (628)		Integer	Value Frequency 1 43 2 2 3 3 4 64 5 682 6 76 7 6 8 228 9 15 10 2 11 11 12 20 13 4 15 4 16 222 17 1 18 2 19 23 20 2 21 11 0 628 ------- Total 2049

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Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Fit Act2 Cd	Code for G Fts Act2 1=Walking/Hiking 2=Horseback Riding 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (1143)		Integer	Value Frequency 1 43 2 3 3 3 4 60 5 166 6 136 7 22 8 209 9 4 10 2 11 15 12 34 13 4 14 1 16 131 18 6 19 48 20 1 21 18 0 1143 -------- Total 2049

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Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
G Fit Act3 Cd	Code for G Fts Act3 1=Walking/Hiking 2=Horseback Riding 3=Track and Field 4=Bicycling 5=Running 6=Calisthenics 7=Stretching 8=Weight Lifting 9=Martial Arts 10=Wrestling/Boxing 11=Tennis 12=Basketball 13=Football 14=Soccer/Hockey 15=Skating/Skiing 16=Aerobics 17=Drill 18=Baseball 19=Swimming 20=Volleyball 21=Other		0 (1671)		Integer	Value Frequency 1 20 2 1 3 2 4 42 5 54 6 55 7 12 8 65 9 4 10 2 11 9 12 11 13 1 14 1 15 2 16 46 17 1 18 6 19 31 20 4 21 9 0 1671 -------- Total 2049

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Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act Sub Num	Subject Number, Unique	— (8)			Alpha8	
Act Unit	Basic Training Unit				Alpha4	Value Frequency A134 99 A213 211 B128 143 B134 217 B213 177 B315 2 B334 6 BPRO 53 C134 227 C213 55 CPRO 63 D134 206 D213 232 D334 49 E213 210 PROT 1 UNKN 14 ----- Total 2049
Act Acc Num	Entered as 1 for all subjects.	10	0 (0)		Integer	Value Frequency 1 2049 ----- Total 2049
Act Act1	Did Walking as a fitness activity during past year? 1=yes 2=no	10	0 (710)		Integer	Value Frequency 1 1373 2 676 ----- Total 2049
Act TM AC1	Total number of months walking during the past year.				Integer	# Non-missing 1339 Mean 7.615 Median 7.000 Minimum 1.000 Maximum 13.000

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Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC1	Last month of Walking. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (711)		Integer	Value Frequency 1 407 2 3 3 8 4 17 5 33 6 43 7 71 8 216 9 338 10 43 11 22 12 137 0 711 ----- Total 2049
Act WM1	Number of weeks per month spent walking during the past year.	10	0 (726)		Integer	# Non-missing 1323 Mean 3.361 Median 4.000 Minimum 1.000 Maximum 4.000
Act DW1	Number of days per week spent walking during the past year.	10	0 (714)		Integer	# Non-missing 1335 Mean 4.509 Median 5.000 Minimum 1.000 Maximum 7.000
Act MD1	Number of minutes per day spent walking during the past year.	10	0 (739)		Integer	# Non-missing 1310 Mean 79.641 Median 45.000 Minimum 5.000 Maximum 900.000
Act EF1	Level of effort exerted when walking. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (772)		Integer	# Non-missing 1277 Mean 2.183 Median 2.000 Minimum 1.000 Maximum 5.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act TMIN1	Total number of minutes per week spent walking during the past year.	10	0 (793)	Act TM Ac1*Act WM1*Act DW1*Act MD1)/52	Real	# Non-missing 1256 Mean 283.166 Median 69.231 Minimum .192 Maximum 6300.000
Act AC2	Did hiking or hunting as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 552 2 1497 ------- Total 2049
Act TM AC2	Total number of months hiking or hunting during the past year.	10	0 (1524)		Integer	# Non-missing 525 Mean 4.011 Median 3.000 Minimum 1.000 Maximum 13.000
Act LM AC2	Last month of hiking or hunting. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1524)		Integer	Value Frequency 1 139 2 9 3 14 4 14 5 11 6 27 7 39 8 67 9 46 10 27 11 63 12 69 0 1524 ------- Total 2049
Act WM2	Number of weeks per month spent hiking or hunting during the past year.	10	0 (1540)		Integer	# Non-missing 509 Mean 2.324 Median 2.000 Minimum 1.000 Maximum 4.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act DW2	Number of days per week spent hiking or hunting during the past year.	10	0 (1533)		Integer	# Non-missing 516 Mean 2.893 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD2	Number of minutes per day spent hiking or hunting during the past year.	10	0 (1586)		Integer	# Non-missing 463 Mean 197.564 Median 180.000 Minimum 3.000 Maximum 780.000
Act EF2	Level of effort exerted when hiking or hunting. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1552)		Integer	# Non-missing 497 Mean 2.775 Median 3.000 Minimum 1.000 Maximum 5.000
Act TMIN2	Total number of minutes per week spent hiking or hunting during the past year.	10	0 (1614)	Act TM AC2*Act WM2*ACT DW2*ACT MD2)/52	Real	# Non-missing 435 Mean 143.189 Median 51.923 Minimum .192 Maximum 3360.000
Act AC3	Did stream fishing as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 358 2 1691 ------- Total 2049
Act TM AC3	Total number of months stream fishing during the past year.	10	0 (1724)		Integer	# Non-missing 325 Mean 4.077 Median 4.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC3	Last month of stream fishing. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1723)		Integer	Value Frequency 1 27 2 4 3 4 4 10 5 13 6 31 7 43 8 90 9 62 10 21 11 9 12 12 0 1723 -------- Total 2049
Act WM3	Number of weeks per month spent stream fishing during the past year.	10	0 (1721)		Integer	# Non-missing 328 Mean 2.101 Median 2.000 Minimum 1.000 Maximum 4.000
Act DW3	Number of days per week spent stream fishing during the past year.	10	0 (1722)		Integer	# Non-missing 327 Mean 2.303 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD3	Number of minutes per day spent stream fishing during the past year.	10	0 (1736)		Integer	# Non-missing 313 Mean 209.262 Median 180.000 Minimum 6.000 Maximum 720.000

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Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF3	Level of effort exerted when stream fishing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1737)		Integer	# Non-missing 312 Mean 1.776 Median 1.000 Minimum 1.000 Maximum 5.000
Act TMIN3	Total number of minutes per week spent stream fishing during the past year.	10	0 (1764)	Act TM AC3*Act WM3*Act DW3*Act MD3)/52	Real	# Non-missing 285 Mean 98.185 Median 46.154 Minimum .192 Maximum 1107.692
Act AC4	Did bicycling as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 859 2 1190 ------ Total 2049
Act TM AC4	Total number of months bicycling during the past year.	10	0 (1252)		Integer	# Non-missing 797 Mean 4.802 Median 4.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC4	Last month of bicycling. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1251)		Integer	Value Frequency 1 96 2 7 3 14 4 21 5 28 6 43 7 94 8 229 9 191 10 40 11 13 12 22 0 1251 ------ Total 2049
Act WM4	Number of weeks per month spent bicycling during the past year.	10	0 (1252)		Integer	# Non-missing 797 Mean 2.896 Median 3.000 Minimum 1.000 Maximum 4.000
Act DW4	Number of days per week spent bicycling during the past year.	10	0 (1244)		Integer	# Non-missing 805 Mean 3.534 Median 3.000 Minimum 1.000 Maximum 7.000
Act MD4	Number of minutes per day spent bicycling during the past year.	10	0 (1262)		Integer	# Non-missing 787 Mean 79.152 Median 60.000 Minimum 2.000 Maximum 780.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF4	Level of effort exerted when bicycling. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1271)		Integer	# Non-missing 778 Mean 3.136 Median 3.000 Minimum 1.000 Maximum 5.000
Act TMIN4	Total number of minutes per week spent bicycling during the past year.	10	0 (1323)	Act TM AC4*Act WM4*Act DW4*Act MD4)/52	Real	# Non-missing 726 Mean 123.415 Median 34.615 Minimum .192 Maximum 2160.000
Act AC5	Did running or jogging as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 1399 2 650 ------- Total 2049
Act TM AC5	Total number of months running or jogging during the past year.	10	0 (802)		Integer	# Non-missing 1247 Mean 5.176 Median 4.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC5	Last month of running or jogging. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (801)		Integer	Value Frequency 1 210 2 13 3 18 4 25 5 47 6 57 7 91 8 293 9 355 10 44 11 33 12 62 0 801 ----- Total 2049
Act WM5	Number of weeks per month spent running or jogging during the past year.	10	0 (746)		Integer	# Non-missing 1303 Mean 3.165 Median 4.000 Minimum 1.000 Maximum 4.000
Act DW5	Number of days per week spent running or jogging during the past year.	10	0 (719)		Integer	# Non-missing 1330 Mean 3.647 Median 3.000 Minimum 1.000 Maximum 7.000
Act MD5	Number of minutes per day spent running or jogging during the past year.	10	0 (736)		Integer	# Non-missing 1313 Mean 50.113 Median 30.000 Minimum 2.000 Maximum 1200.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF5	Level of effort exerted when running or jogging. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (787)		Integer	# Non-missing 1262 Mean 3.688 Median 4.000 Minimum 1.000 Maximum 5.000
Act TMIN5	Total number of minutes per week spent running or jogging during the past year.	10	0 (898)	Act TM AC5*Act WM5*Act DW5*Act MD5)/52	Real	# Non-missing 1151 Mean 86.406 Median 27.692 Minimum .192 Maximum 4200.000
Act AC6	Did calesthenics as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 609 2 1440 ------- Total 2049
Act TM AC6	Total number of months of calesthenics during the past year.	10	0 (1496)		Integer	# Non-missing 553 Mean 6.485 Median 5.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC6	Last month of calesthenics. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1497)		Integer	Value Frequency 1 159 2 5 3 16 4 10 5 27 6 17 7 29 8 95 9 115 10 13 11 18 12 48 0 1497 ------ Total 2049
Act WM6	Number of weeks per month spent on calesthenics during the past year.	10	0 (1488)		Integer	# Non-missing 561 Mean 3.201 Median 4.000 Minimum 1.000 Maximum 4.000
Act DW6	Number of days per week spent on calesthenics during the past year.	10	0 (1484)		Integer	# Non-missing 565 Mean 3.837 Median 4.000 Minimum 1.000 Maximum 7.000
Act MD6	Number of minutes per day spent on calesthenics during the past year.	10	0 (1494)		Integer	# non-missing 555 Mean 36.431 Median 30.000 Minimum 5.000 Maximum 480.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF6	Level of effort exerted when doing calesthenics. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1501)		Integer	# Non-missing 548 Mean 2.949 Median 3.000 Minimum 1.000 Maximum 5.000
Act TMIN6	Total number of minutes per week spent on calesthenics during the past year.	10	0 (1544)	Act TM AC6*Act WM6*Act DW6*Act MD6)/52	Real	# Non-missing 505 Mean 71.308 Median 27.692 Minimum .192 Maximum 1620.000
Act AC7	Did stretching as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 1168 2 881 ------ Total 2049
Act TM AC7	Total number of months of stretching during the past year.	10	0 (1037)		Integer	# Non-missing 1012 Mean 6.968 Median 6.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC7	Last month of stretching. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1040)		Integer	Value Frequency 1 282 2 13 3 20 4 16 5 34 6 31 7 52 8 184 9 231 10 22 11 18 12 106 0 1040 -------- Total 2049
Act WM7	Number of weeks per month spent stretching during the past year.	10	0 (1000)		Integer	# Non-missing 1049 Mean 3.413 Median 4.000 Minimum 1.000 Maximum 4.000
Act DW7	Number of days per week spent stretching during the past year.	10	0 (995)		Integer	# Non-missing 1054 Mean 4.250 Median 4.000 Minimum 1.000 Maximum 7.000
Act MD7	Number of minutes per day spent stretching during the past year.	10	0 (1021)		Integer	# Non-missing 1028 Mean 28.620 Median 15.000 Minimum 1.000 Maximum 540.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF7	Level of effort exerted when stretching. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1029)		Integer	# Non-missing 1020 Mean 2.291 Median 2.000 Minimum 1.000 Maximum 5.000
Act TMIN7	Total number of minutes per week spent stretching during the past year.	10	0 (1137)	Act TM AC7*Act WM7*Act DW7*Act MD7)/52	Real	# Non-missing 912 Mean 65.963 Median 27.692 Minimum .096 Maximum 1260.000
Act AC8	Did weight lifting as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 991 2 1058 ------ Total 2049
Act TM AC8	Total number of months of weight lifting during the past year.	10	0 (1219)		Integer	# Non-missing 830 Mean 5.730 Median 4.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC8	Last month of weight lifting. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1220)		Integer	Value Frequency 1　218 2　19 3　32 4　32 5　56 6　39 7　63 8　131 9　136 10　8 11　21 12　74 0　1220 -------- Total　2049
Act WM8	Number of weeks per month spent weight lifting during the past year.	10	0 (1190)		Integer	# Non-missing 859 Mean　3.244 Median　4.000 Minimum　1.000 Maximum　4.000
Act DW8	Number of days per week spent weight lifting during the past year.	10	0 (1180)		Integer	# Non-missing 869 Mean　3.550 Median　3.000 Minimum　1.000 Maximum　7.000
Act MD8	Number of minutes per day spent weight lifting during the past year.	10	0 (1195)		Integer	# Non-missing 854 Mean　63.382 Median　60.000 Minimum　3.000 Maximum　480.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF8	Level of effort exerted when weight lifting. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1207)		Integer	# non-missing 842 Mean 3.494 Median 4.000 Minimum 1.000 Maximum 5.000
Act TMIN8	Total number of minutes per week spent weight lifting during the past year.	10	0 (1308)	Act TM AC8*Act WM8*Act DW8*Act MD8)/52	Real	# Non-missing 741 Mean 109.899 Median 46.154 Minimum .288 Maximum 1680.000
Act AC9	Did martial arts as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 153 2 1896 ------ Total 2049
Act TM AC9	Total number of months of martial arts during the past year.	10	0 (1925)		Integer	# Non-missing 124 Mean 6.710 Median 6.000 Minimum 1.000 Maximum 13.000

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC9	Last month of martial arts. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1925)		Integer	Value Frequency 1 38 2 4 3 9 4 7 5 6 6 2 7 7 8 20 9 17 10 2 11 2 12 10 0 1925 ------ Total 2049
Act WM9	Number of weeks per month spent on martial arts during the past year.	10	0 (1916)		Integer	# Non-missing 133 Mean 3.361 Median 4.000 Minimum 1.000 Maximum 4.000
Act DW9	Number of days per week spent on martial arts during the past year.	10	0 (1917)		Integer	# Non-missing 132 Mean 3.182 Median 3.000 Minimum 1.000 Maximum 7.000
Act MD9	Number of minutes per day spent on martial arts during the past year.	10	0 (1921)		Integer	# Non-missing 128 Mean 104.219 Median 90.000 Minimum 5.000 Maximum 360.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF9	Level of effort exerted when doing martial arts. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1917)		Integer	# non-missing 132 Mean 3.652 Median 4.000 Minimum 1.000 Maximum 5.000
Act TMIN9	Total number of minutes per week spent on martial arts during the past year.	10	0 (1939)	Act TM AC9*Act WM9*Act DW9*Act MD9)/52	Real	# Non-missing 110 Mean 182.091 Median 73.846 Minimum .577 Maximum 1938.462
Act AC10	Did wrestling or boxing as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 181 2 1868 ------ Total 2049
Act TM AC10	Total number of months of wrestling or boxing during the past year.	10	0 (1905)		Integer	# Non-missing 144 Mean 4.646 Median 3.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC10	Last month of wrestling or boxing. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1906)		Integer	Value Frequency 1 45 2 11 3 8 4 11 5 6 6 5 7 16 8 12 9 11 10 4 11 3 12 11 0 1906 ----- Total 2049
Act WM10	Number of weeks per month spent on wrestling or boxing during the past year.	10	0 (1895)		Integer	# Non-missing 154 Mean 2.812 Median 3.000 Minimum 1.000 Maximum 4.000
Act DW10	Number of days per week spent on wrestling or boxing during the past year.	10	0 (1895)		Integer	# Non-missing 154 Mean 3.468 Median 3.000 Minimum 1.000 Maximum 7.000
Act MD10	Number of minutes per day spent on wrestling or boxing during the past year.	10	0 (1900)		Integer	# Non-missing 149 Mean 93.020 Median 60.000 Minimum 5.000 Maximum 360.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF10	Level of effort exerted when wrestling or boxing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1898)		Integer	# Non-missing 151 Mean 3.801 Median 4.000 Minimum 1.000 Maximum 5.000
Act TMIN10	Total number of minutes per week spent on wrestling or boxing during the past year.	10	0 (1927)	Act TM AC10*Act WM10*Act DW10*Act MD10)/52	Real	# Non-missing 120 Mean 165.276 Median 44.712 Minimum .192 Maximum 1938.462
Act AC11	Did tennis or raquetball as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 437 2 1612 ------ Total 2049
Act TM AC11	Total number of months of tennis or raquetball during the past year.	10	0 (1681)		Integer	# Non-missing 368 Mean 4.446 Median 3.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC11	Last month of tennis or raquetball. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1681)		Integer	Value Frequency 1 51 2 10 3 10 4 15 5 26 6 31 7 48 8 86 9 59 10 7 11 5 12 20 0 1681 ----- Total 2049
Act WM11	Number of weeks per month spent on tennis or raquetball during the past year.	10	0 (1662)		Integer	# Non-missing 387 Mean 2.522 Median 2.000 Minimum 1.000 Maximum 4.000
Act DW11	Number of days per week spent on tennis or raquetball during the past year.	10	0 (1662)		Integer	# Non-missing 387 Mean 2.496 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD11	Number of minutes per day spent on tennis or raquetball during the past year.	10	0 (1673)		Integer	# Non-missing 376 Mean 82.806 Median 60.000 Minimum 4.000 Maximum 600.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
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Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF11	Level of effort exerted when playing tennis or raquetball. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1675)		Integer	# Non-missing 374 Mean 3.329 Median 3.000 Minimum 1.000 Maximum 5.000
Act TMIN11	Total number of minutes per week spent on tennis or raquetball during the past year.	10	0 (1712)	Act TM AC11*Act WM11*Act DW11*Act MD11)/52	Real	# Non-missing 337 Mean 72.089 Median 20.769 Minimum .577 Maximum 1680.000
Act AC12	Did basketball as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 851 2 1198 ------ Total 2049
Act TM AC12	Total number of months of basketball during the past year.	10	0 (1364)		Integer	# Non-missing 685 Mean 6.072 Median 5.000 Minimum 1.000 Maximum 13.000

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Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC12	Last month of basketball. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1363)		Integer	Value Frequency 1 214 2 14 3 18 4 25 5 32 6 39 7 59 8 103 9 101 10 23 11 12 12 46 0 1363 ----- Total 2049
Act WM12	Number of weeks per month spent on basketball during the past year.	10	0 (1317)		Integer	# Non-missing 732 Mean 3.074 Median 4.000 Minimum 1.000 Maximum 5.000
Act DW12	Number of days per week spent on basketball during the past year.	10	0 (1312)		Integer	# Non-missing 737 Mean 3.358 Median 3.000 Minimum 1.000 Maximum 7.000
Act MD12	Number of minutes per day spent on basketball during the past year.	10	0 (1327)		Integer	# Non-missing 722 Mean 105.195 Median 90.000 Minimum 5.000 Maximum 600.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF12	Level of effort exerted when playing basketball. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1346)		Integer	# Non-missing 703 Mean 3.562 Median 4.000 Minimum 1.000 Maximum 5.000
Act TMIN12	Total number of minutes per week spent on basketball during the past year.	10	0 (1433)	Act TM AC12*Act WM12*Act DW12*Act MD12)/52	Real	# Non-missing 616 Mean 181.971 Median 69.231 Minimum .192 Maximum 2520.000
Act AC13	Did football or rugby as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 485 2 1564 ------ Total 2049
Act TM AC13	Total number of months of football or rugby during the past year.	10	0 (1691)		Integer	# Non-missing 358 Mean 4.419 Median 4.000 Minimum 1.000 Maximum 13.000

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC13	Last month of football or rugby. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1692)		Integer	Value Frequency 1 80 2 10 3 8 4 12 5 5 6 14 7 31 8 38 9 36 10 27 11 55 12 41 0 1692 -------- Total 2049
Act WM13	Number of weeks per month spent on football or rugby during the past year.	10	0 (1660)		Integer	# Non-missing 389 Mean 2.820 Median 3.000 Minimum 1.000 Maximum 4.000
Act DW13	Number of days per week spent on football or rugby during the past year.	10	0 (1656)		Integer	# Non-missing 393 Mean 2.906 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD13	Number of minutes per day spent on football or rugby during the past year.	10	0 (1664)		Integer	# Non-missing 385 Mean 122.132 Median 120.000 Minimum 5.000 Maximum 480.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF13	Level of effort exerted when playing football or rugby. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1668)		Integer	# Non-missing 381 Mean 3.711 Median 4.000 Minimum 1.000 Maximum 5.000
Act TMIN13	Total number of minutes per week spent on football or rugby during the past year.	10	0 (1740)	Act TM AC13*Act WM13*Act DW13*Act MD13)/52	Real	# Non-missing 309 Mean 117.321 Median 48.462 Minimum .288 Maximum 969.231
Act AC14	Did soccer or field hockey as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 159 2 1890 ------ Total 2049
Act TM AC14	Total number of months of soccer or field hockey during the past year.	10	0 (1933)		Integer	# Non-missing 116 Mean 4.319 Median 3.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC14	Last month of soccer or field hockey. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1933)		Integer	Value Frequency 1 24 2 2 3 7 4 6 5 16 6 3 7 14 8 16 9 8 10 5 11 8 12 7 0 1933 ----- Total 2049
Act WM14	Number of weeks per month spent on soccer or field hockey during the past year.	10	0 (1929)		Integer	# Non-missing 120 Mean 3.017 Median 4.000 Minimum 1.000 Maximum 4.000
Act DW14	Number of days per week spent on soccer or field hockey during the past year.	10	0 (1925)		Integer	# Non-missing 124 Mean 3.016 Median 3.000 Minimum 1.000 Maximum 7.000
Act MD14	Number of minutes per day spent on soccer or field hockey during the past year.	10	0 (1929)		Integer	# Non-missing 120 Mean 113.867 Median 120.000 Minimum 25.000 Maximum 600.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF14	Level of effort exerted when playing soccer or field hockey. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1930)		Integer	# Non-missing 119 Mean 3.681 Median 4.000 Minimum 1.000 Maximum 5.000
Act TMIN14	Total number of minutes per week spent on rowing during the past year.	10	0 (1948)	Act TM AC14*Act WM14*Act DW14*Act MD14)/52	Real	# Non-missing 101 Mean 148.228 Median 41.538 Minimum .577 Maximum 1680.000
Act AC15	Did rowing as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 86 2 1963 ------- Total 2049
Act TM AC15	Total number of months of rowing during the past year.	10	0 (1982)		Integer	# Non-missing 66 Mean 3.687 Median 2.500 Minimum 1.000 Maximum 13.000

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Fort Jackson 88 Questionnaire Part 2 (Activity History)
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Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC15	Last month of rowing. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1982)		Integer	Value Frequency 1 8 3 2 4 2 5 3 6 12 7 10 8 18 9 7 10 3 11 2 0 1982 ------- Total 2049
Act WM15	Number of weeks per month spent on rowing during the past year.	10	0 (1979)		Integer	# Non-missing 70 Mean 2.071 Median 2.000 Minimum 1.000 Maximum 4.000
Act DW15	Number of days per week spent on rowing during the past year.	10	0 (1980)		Integer	# Non-missing 69 Mean 2.551 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD15	Number of minutes per day spent on rowing during the past year.	10	0 (1984)		Integer	# Non-missing 65 Mean 83.308 Median 60.000 Minimum 5.000 Maximum 420.000
Act EF15	Level of effort exerted when rowing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1981)		Integer	# Non-missing 68 Mean 3.147 Median 3.000 Minimum 1.000 Maximum 5.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act TMIN15	Total number of minutes per week spent on rowing during the past year.	10	0 (1991)	Act TM AC15*Act WM15*Act DW15*Act MD15)/52	Real	# Non-missing 58 Mean 47.608 Median 9.808 Minimum .577 Maximum 840.000
Act AC16	Did canoeing as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 156 2 1893 ------ Total 2049
Act TM AC16	Total number of months of canoeing during the past year.	10	0 (1921)		Integer	# Non-missing 128 Mean 2.492 Median 2.000 Minimum 1.000 Maximum 12.000
Act LM AC16	Last month of canoeing. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1921)		Integer	Value Frequency 1 5 2 1 4 5 5 9 6 18 7 30 8 43 9 6 10 5 11 5 12 1 0 1921 ------ Total 2049
Act WM16	Number of weeks per month spent on canoeing during the past year.	10	0 (1924)		Integer	# Non-missing 125 Mean 1.712 Median 1.000 Minimum 1.000 Maximum 4.000

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act DW16	Number of days per week spent on canoeing during the past year.	10	0 (1921)		Integer	# Non-missing 128 Mean 1.977 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD16	Number of minutes per day spent on canoeing during the past year.	10	0 (1927)		Integer	# Non-missing 122 Mean 202.131 Median 150.000 Minimum 4.000 Maximum 720.000
Act EF16	Level of effort exerted when canoeing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1927)		Integer	# Non-missing 122 Mean 2.680 Median 3.000 Minimum 1.000 Maximum 5.000
Act TMIN16	Total number of minutes per week spent on canoeing during the past year.	10	0 (1933)	Act TM AC16*Act WM16*Act DW16*Act MD16)/52	Real	# Non-missing 108 Mean 35.042 Median 13.846 Minimum .077 Maximum 276.923
Act AC17	Did down hill skiing as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 170 2 1879 ------ Total 2049
Act TM AC17	Total number of months of down hill skiing during the past year.	10	0 (1896)		Integer	# Non-missing 153 Mean 2.935 Median 3.000 Minimum 1.000 Maximum 12.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC17	Last month of down hill skiing. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1897)		Integer	Value Frequency 1 73 2 23 3 11 4 8 5 1 6 2 8 1 10 2 11 1 12 30 0 1897 ----- Total 2049
Act WM17	Number of weeks per month spent on down hill skiing during the past year.	10	0 (1901)		Integer	# Non-missing 148 Mean 1.939 Median 2.000 Minimum 1.000 Maximum 4.000
Act DW17	Number of days per week spent on down hill skiing during the past year.	10	0 (1899)		Integer	# Non-missing 150 Mean 2.247 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD17	Number of minutes per day spent on down hill skiing during the past year.	10	0 (1909)		Integer	# Non-missing 140 Mean 298.107 Median 300.000 Minimum 12.000 Maximum 800.000
Act EF17	Level of effort exerted when down hill skiing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1901)		Integer	# Non-missing 148 Mean 3.155 Median 3.000 Minimum 1.000 Maximum 5.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act TMIN17	Total number of minutes per week spent on down hill skiing during the past year.	10	0 (1917)	Act TM AC17*Act WM17*Act DW17*Act MD17)/52	Real	# Non-missing 134 Mean 88.289 Median 37.692 Minimum .577 Maximum 678.462
Act AC18	Did cross country skiing as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 50 2 1999 ----- Total 2049
Act TM AC18	Total number of months of cross country skiing during the past year.	10	0 (2008)		Integer	# Non-missing 41 Mean 2.927 Median 3.000 Minimum 1.000 Maximum 8.000
Act LM AC18	Last month of cross country skiing. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (2008)		Integer	Value Frequency 1 21 2 3 3 6 4 1 5 1 6 2 7 1 8 1 12 5 0 2008 ----- Total 2049
Act WM18	Number of weeks per month spent on cross country skiing during the past year.	10	0 (2008)		Integer	# Non-missing 41 Mean 2.341 Median 2.000 Minimum 1.000 Maximum 4.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
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Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act DW18	Number of days per week spent cross country skiing during the past year.	10	0 (2006)		Integer	# Non-missing 43 Mean 2.163 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD18	Number of minutes per day spent on cross country skiing during the past year.	10	0 (2008)		Integer	# Non-missing 41 Mean 128.098 Median 120.000 Minimum 10.000 Maximum 360.000
Act EF18	Level of effort exerted when cross country skiing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (2006)		Integer	# Non-missing 43 Mean 3.488 Median 3.000 Minimum 2.000 Maximum 5.000
Act TMIN18	Total number of minutes per week spent on cross country skiing during the past year.	10	0 (2015)	Act TM AC18*Act WM18*Act DW18*Act MD18)/52	Real	# Non-missing 34 Mean 41.137 Median 18.462 Minimum .577 Maximum 387.692
Act AC19	Did water skiing as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 276 2 1773 ------ Total 2049
Act TM AC19	Total number of months of water skiing during the past year.	10	0 (1807)		Integer	# Non-missing 242 Mean 3.132 Median 3.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC19	Last month of water skiing. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1807)		Integer	Value Frequency 1 2 2 2 3 1 4 1 5 5 6 15 7 53 8 111 9 43 10 6 11 1 12 2 0 1807 ------- Total 2049
Act WM19	Number of weeks per month spent water skiing during the past year.	10	0 (1809)		Integer	# Non-missing 240 Mean 2.275 Median 2.000 Minimum 1.000 Maximum 4.000
Act DW19	Number of days per week spent water skiing during the past year.	10	0 (1812)		Integer	# Non-missing 237 Mean 2.063 Median 2.000 Minimum 1.000 Maximum 7.000
Act MD19	Number of minutes per day spent water skiing during the past year.	10	0 (1819)		Integer	# Non-missing 230 Mean 128.048 Median 90.000 Minimum 5.000 Maximum 600.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename – FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF19	Level of effort exerted when water skiing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1818)		Integer	# Non-missing 231 Mean 2.996 Median 3.000 Minimum 1.000 Maximum 5.000
Act TMIN19	Total number of minutes per week spent on water skiing during the past year.	10	0 (1839)	Act TM AC19*Act WM19*Act DW19*Act MD19	Real	# Non-missing 210 Mean 58.770 Median 15.577 Minimum 0.096 Maximum 1329.231
Act AC20	Did swimming as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 1052 2 997 ------- Total 2049
Act TM AC20	Total number of months of swimming during the past year.	10	0 (1154)		Integer	# Non-missing 895 Mean 3.925 Median 3.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act LM AC20	Last month of swimming. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987	10	0 (1154)		Integer	Value Frequency 1 58 2 6 3 10 4 10 5 20 6 45 7 168 8 396 9 140 10 13 11 9 12 20 0 1154 ------ Total 2049
Act WM20	Number of weeks per month spent swimming during the past year.	10	0 (1134)		Integer	# Non-missing 915 Mean 2.846 Median 3.000 Minimum 1.000 Maximum 4.000
Act DW20	Number of days per week spent swimming during the past year.	10	0 (1127)		Integer	# Non-missing 922 Mean 2.990 Median 3.000 Minimum 1.000 Maximum 7.000
Act MD20	Number of minutes per day spent swimming during the past year.	10	0 (1154)		Integer	# Non-missing 895 Mean 92.282 Median 60.000 Minimum 4.000 Maximum 840.000

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
Act EF20	Level of effort exerted when swimming. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard	10	0 (1156)		Integer	# Non-missing 893 Mean 2.777 Median 3.000 Minimum 1.000 Maximum 5.000
Act TMIN20	Total number of minutes per week spent on swimming during the past year.	10	0 (1241)	Act TM AC20*Act WM20*Act DW20*Act MD20	Real	# Non-missing 808 Mean 84.530 Median 27.692 Minimum .288 Maximum 2160.000
Act AC21	Did volleyball as a fitness activity during the past year? 1=yes 2=no	10	0 (0)		Integer	Value Frequency 1 619 2 1430 ------- Total 2049
Act TM AC21	Total number of months of volleyball during the past year.	10	0 (1583)		Integer	# Non-missing 466 Mean 4.013 Median 3.000 Minimum 1.000 Maximum 13.000

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

Field Name	Description	Question #	Missing Values	Format	Responses
HH Sub Num	Subject Number, Unique			Alpha10 (88J####)	

HH Unit	Basic Training Unit		(8)	Alpha4	Value Frequency
					
					A134 99
					A213 211
					B128 143
					B134 217
					B213 177
					B315 2
					B334 6
					BPRO 53
					C134 227
					C213 55
					CPRO 63
					D134 206
					D213 232
					D334 49
					E213 210
					PROT 1
					UNKN 14
					       ------ 	
					  Total 2049

HH Acc Num	Entered as 1 for everyone			Integer	Value Frequency
					
					   1 2049
					       ------ 	
					  Total 2049

HH LW	Have you ever suffered an injury on accident that caused you to stay home from school or work for one week or more?
	1=yes
	2=no
		11	0 (0)	Integer	Value Frequency
					
					   1 371
					   2 1678
					       ------ 	
					  Total 2049

HH LW INJ Type	Name of most recent injury that caused loss of work or school.	11		Alpha20	

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Field Name	Description	Question #	Missing Values	Format	Responses
HH LW YR	Year of injury that caused loss of school or work.	11	0 (1685)	Integer	# Non-missing 364 Mean 84.629 Median 86.000 Minimum 66.000 Maximum 88.000
HH EI	Have you ever had an exercise or sports injury that caused you to decrease or quit practicing for 1 week or more? 1=yes 2=no	12	0 (0)	Integer	Value Frequency 1 521 2 1528 ------ Total 2049
HH EI Inj	Name of most recent exercise injury.	12		Alpha20	
HH EI Yr	Year of exercise injury.	12	0 (1550)	Integer	# Non-missing 499 Mean 85.321 Median 86.000 Minimum 67.000 Maximum 88.000
HH SURG	Have you ever had an injury or accident that required surgery to repair the damage? 1=yes 2=no	13	0 (0)	Integer	Value Frequency 1 447 2 1602 ------ Total 2049
HH SURG INJ Typ	Name of most recent injury that required surgery.	13		Alpha20	
HH SRG Yr	Year of injury that required surgery.	13	0 (1665)	Integer	# Non-missing 384 Mean 82.737 Median 84.000 Minimum 67.000 Maximum 88.000
HH HOSP	Have you ever had an injury that caused you to be in the hospital overnight? 1=yes 2=no	14	0 (0)	Integer	Value Frequency 1 287 2 1762 ------ Total 2049

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

Field Name	Description	Question #	# Missing Values	Format	Responses
HH HOSP INJ Typ	Name of Injury that caused hospitalization.	14		Alpha20	
HH HS Inj Yr	Year of most recent injury requiring hospitalization.	14	0 (1781)	Integer	# Non-missing 268 Mean 81.534 Median 83.000 Minimum 65.000 Maximum 88.000
HH HEAD	Have you ever had an injury to the head that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 246 2 1803 ------ Total 2049
HH INJ Name1	Name of head injury.	15		Alpha20	
HH YR1	Year of head injury.	15	0 (1825)	Integer	# Non-missing 224 Mean 81.534 Median 83.000 Minimum 65.000 Maximum 88.000
HH RCV1	Number of Days taken to recover from head injury.	15	0 (1823)	Integer	# Non-missing 226 Mean 10.420 Median 7.000 Minimum 1.000 Maximum 180.000
HH MD1	Received medical help for head injury (in an emergency room, a doctor's office, a physical therapist, etc.)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 218 2 1824 0 7 ------ Total 2049

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

Field Name	Description	Question #	Missing Values	Format	Responses
HH NECK	Have you ever had an injury to the neck that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1　64 2　1985 ------ Total　2049
HH INJ NAME2	Name of neck injury.	15		Alpha20	
HH YR2	Year of neck injury.	15	0 (1991)	Integer	# Non-missing 58 Mean　83.983 Median　86.000 Minimum　67.000 Maximum　88.000
HH RCV2	Number of Days taken to recover from neck injury.	15	0 (1989)	Integer	# Non-missing 60 Mean　33.717 Median　10.000 Minimum　1.000 Maximum　180.000
HH MD2	Received medical help for neck injury (in an emergency room, a doctor's office, a physical therapist, etc.)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1　48 2　1994 0　7 ------ Total　2049
HH SHLDR	Have you ever had an injury to the shoulder that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1　137 2　1912 ------ Total　2049
HH INJ NAME3	Name of shoulder injury.	15		Alpha20	
HH YR3	Year of shoulder injury.	15	0 (1940)	Integer	# Non-missing 109 Mean　83.248 Median　85.000 Minimum　70.000 Maximum　88.000

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

Field Name	Description	Question #	Missing Values	Format	Responses
HH RCV3	Number of Days taken to recover from shoulder injury.	15	0 (1932)	Integer	# Non-missing 117 Mean 29.333 Median 14.000 Minimum 1.000 Maximum 180.000
HH MD3	Received medical help for shoulder injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 98 2 1944 0 7 ------ Total 2049
HH UP ARM	Have you ever had an injury to the upper arm that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 74 2 1975 ------ Total 2049
HH INJ NAME4	Name of upper arm injury.	15		Alpha20	
HH YR4	Year of upper arm injury.	15	0 (1986)	Integer	# Non-missing 63 Mean 82.635 Median 84.000 Minimum 65.000 Maximum 88.000
HH RCV4	Number of Days taken to recover from upper arm injury.	15	0 (1979)	Integer	# Non-missing 70 Mean 37.129 Median 21.000 Minimum 1.000 Maximum 180.000
HH MD4	Received medical help for upper arm injury (in an emergency room, a doctor's office, physical therapist, etc.)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 51 2 1991 0 7 ------ Total 2049

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

Field Name	Description	Question #	Missing Values	Format	Responses
HH L ARM	Have you ever had an injury to the lower arm that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 200 2 1849 ------ Total 2049
HH INJ NAME5	Name of lower arm injury.	15		Alpha20	
HH YR5	Year of lower arm injury.	15	0 (1878)	Integer	# Non-missing 171 Mean 81.094 Median 82.000 Minimum 65.000 Maximum 88.000
HH RCV5	Number of Days taken to recover from lower arm injury.	15	0 (1864)	Integer	# Non-missing 185 Mean 39.703 Median 42.000 Minimum 2.000 Maximum 240.000
HH MD5	Received medical help for lower arm injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 168 2 1874 0 7 ------ Total 2049
HH HAND	Have you ever had an injury to the hand that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 334 2 1715 ------ Total 2049
HH INJ NAME6	Name of hand injury.	15		Alpha20	
HH YR6	Year of hand injury.	15	0 (1759)	Integer	# Non-missing 290 Mean 83.859 Median 86.000 Minimum 1.000 Maximum 88.000

Field Name	Description	Question #	Missing Values	Format	Responses
HH RCV6	Number of Days taken to recover from shoulder injury.	15	0 (1744)	Integer	# Non-missing 305 Mean 26.151 Median 15.000 Minimum 1.000 Maximum 180.000
HH MD6	Received medical help for shoulder injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (6)	Integer	Value Frequency 1 261 2 1782 0 6 ------ Total 2049
HH CHEST	Have you ever had an injury to the chest that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 36 2 2013 ------ Total . 2049
HH INJ NAME7	Name of chest injury.	15		Alpha20	
HH YR7	Year of chest injury.	15	0 (2019)	Integer	# Non-missing 30 Mean 84.833 Median 86.000 Minimum 63.000 Maximum 88.000
HH RCV7	Number of Days taken to recover from chest injury.	15	0 (2016)	Integer	# Non-missing 33 Mean 13.303 Median 7.000 Minimum 2.000 Maximum 90.000
HH MD7	Received medical help for chest injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 22 2 2020 0 7 ------ Total 2049

Field Name	Description	Question #	Missing Values	Format	Responses
HH UBACK	Have you ever had an injury to the upper back that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 38 2 2011 ------ Total 2049
HH INJ NAME8	Name of upper back injury.	15		Alpha20	
HH YR8	Year of upper back injury.	15	0 (2013)	Integer	# Non-missing 36 Mean 85.417 Median 87.000 Minimum 74.000 Maximum 88.000
HH RCV8	Number of Days taken to recover from upper back injury.	15	0 (2013)	Integer	# Non-missing 36 Mean 37.833 Median 19.500 Minimum 3.000 Maximum 180.000
HH MD8	Received medical help for upper back injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 29 2 2013 0 7 ------ Total 2049
HH LBACK	Have you ever had an injury to the lower back that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 112 2 1937 ------ Total 2049
HH INJ NAME9	Name of lower back injury.	15		Alpha20	
HH YR9	Year of lower back injury.	15	0 (1952)	Integer	# Non-missing 97 Mean 85.928 Median. 87.000 Minimum 68.000 Maximum 88.000

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Field Name	Description	Question #	Missing Values	Format	Responses
HH RCV9	Number of Days taken to recover from lower back injury.	15	0 (1946)	Integer	# Non-missing 103 Mean 23.039 Median 7.000 Minimum 1.000 Maximum 120.000
HH MD9	Received medical help for lower back injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 74 2 1968 0 7 ------ Total 2049
HH STOMACH	Have you ever had an injury to the stomach that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 44 2 2005 ------ Total 2049
HH INJ NAME10	Name of stomach injury.	15		Alpha20	
HH YR10	Year of stomach injury.	15	0 (2008)	Integer	# Non-missing 41 Mean 83.829 Median 86.000 Minimum 67.000 Maximum 88.000
HH RCV10	Number of Days taken to recover from stomach injury.	15	0 (2008)	Integer	# Non-missing 41 Mean 24.220 Median 14.000 Minimum 3.000 Maximum 99.000
HH MD10	Received medical help for stomach injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (6)	Integer	Value Frequency 1 38 2 2005 0 6 ------ Total 2049

Field Name	Description	Question #	Missing Values	Format	Responses
HH HIP	Have you ever had an injury to the hip that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 29 2 2020 ------ Total 2049
HH INJ NAME11	Name of hip injury.	15		Alpha20	
HH YR11	Year of hip injury.	15	0 (2020)	Integer	# Non-missing 29 Mean 83.276 Median 85.000 Minimum 65.000 Maximum 88.000
HH RCV11	Number of Days taken to recover from hip injury.	15	0 (2020)	Integer	# Non-missing 29 Mean 36.690 Median 14.000 Minimum 2.000 Maximum 150.000
HH MD11	Received medical help for hip injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 24 2 2018 0 7 ------ Total 2049
HH THIGH	Have you ever had an injury to the thigh that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 80 2 1969 ------ Total 2049
HH INJ NAME12	Name of thigh injury.	15		Alpha20	
HH YR12	Year of thigh injury.	15	0 (1981)	Integer	# Non-missing 68 Mean 84.015 Median 86.000 Minimum 70.000 Maximum 88.000

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Field Name	Description	Question #	Missing Values	Format	Responses
HH RCV12	Number of Days taken to recover from thigh injury.	15	0 (1978)	Integer	# Non-missing 71 Mean 27.606 Median 14.000 Minimum 2.000 Maximum 150.000
HH MD12	Received medical help for thigh injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 50 2 1992 0 7 ------ Total 2049
HH KNEE	Have you ever had an injury to the knee that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 245 2 1804 ------ Total 2049
HH INJ NAME13	Name of knee injury.	15		Alpha20	
HH YR13	Year of knee injury.	15	0 (1839)	Integer	# Non-missing 210 Mean 84.138 Median 85.000 Minimum 69.000 Maximum 99.000
HH RCV13	Number of Days taken to recover from knee injury.	15	0 (1827)	Integer	# Non-missing 222 Mean 24.180 Median 14.000 Minimum 1.000 Maximum 99.000
HH MD13	Received medical help for knee injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (5)	Integer	Value Frequency 1 167 2 1877 0 5 ------ Total 2049

Field Name	Description	Question #	Missing Values	Format	Responses
HH CALF	Have you ever had an injury to the calf that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 72 2 1977 ------ Total 2049
HH INJ NAME14	Name of calf injury.	15		Alpha20	
HH YR14	Year of calf injury.	15	0 (1986)	Integer	# Non-missing 63 Mean 82.270 Median 85.000 Minimum 2.000 Maximum 88.000
HH RCV14	Number of Days taken to recover from calf injury.	15	0 (1984)	Integer	# Non-missing 65 Mean 28.585 Median 12.000 Minimum 1.000 Maximum 120.000
HH MD14	Received medical help for calf injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (7)	Integer	Value Frequency 1 51 2 1991 0 7 ------ Total 2049
HH ANKLE	Have you ever had an injury to the ankle that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 387 2 1662 ------ Total 2049
HH INJ NAME15	Name of ankle injury.	15		Alpha20	
HH YR15	Year of ankle injury.	15	0 (1722)	Integer	# Non-missing 327 Mean 84.550 Median 86.000 Minimum 66.000 Maximum 88.000

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Field Name	Description	Question #	Missing Values	Format	Responses
HH RCV15	Number of Days taken to recover from ankle injury.	15	0 (1680)	Integer	# Non-missing 369 Mean 20.664 Median 12.000 Minimum 1.000 Maximum 99.000
HH MD15	Received medical help for ankle injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (4)	Integer	Value Frequency 1 221 2 1824 0 4 ------- Total 2049
HH FOOT	Have you ever had an injury to the foot that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no	15	0 (0)	Integer	Value Frequency 1 168 2 1881 ------- Total 2049
HH INJ NAME16	Name of foot injury.	15		Alpha20	
HH YR16	Year of foot injury.	15	0 (1912)	Integer	# Non-missing 137 Mean 83.292 Median 85.000 Minimum 68.000 Maximum 88.000
HH RCV16	Number of Days taken to recover from foot injury.	15	0 (1889)	Integer	# Non-missing 160 Mean 26.981 Median 14.000 Minimum 1.000 Maximum 99.000
HH MD16	Received medical help for foot injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no	15	0 (6)	Integer	Value Frequency 1 129 2 1914 0 6 ------- Total 2049

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Field Name	Description	Question #	Missing Values	Format	Responses
HH B Inj1 BB	Have you ever had a broken bone injury to your back or legs? 1=yes 2=no	16	0 (0)	Integer	Value Frequency 1 108 2 1941 ------ Total 2049
HH SD1	Side of body that the broken bone injury occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (1944)	Integer	Value Frequency 1 55 2 42 3 7 5 1 0 1944 ------ Total 2049
HH PRT1	Part of body on which the broken bone occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (1966)	Integer	Value Frequency 2 1 3 13 4 2 5 8 6 10 7 31 8 14 9 4 0 1966 ------ Total 2049
HH YR1 BL	Year of broken bone injury.	16	0 (1948)	Integer	# Non-missing 101 Mean 79.990 Median 82.000 Minimum 61.000 Maximum 88.000

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Field Name	Description	Question #	Missing Values	Format	Responses
HH SEV1	Severity of broken bone injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (1941)	Integer	Value Frequency 1 3 2 14 3 91 0 1941 ----- Total 2049
HH B Inj2 SFX	Have you ever had a stress fracture injury to your back or legs? 1=yes 2=no	16	0 (0)	Integer	Value Frequency 1 37 2 2012 ----- Total 2049
HH SD2	Side of body that stress fracture injury occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (2014)	Integer	Value Frequency 1 16 2 12 3 7 0 2014 ----- Total 2049
HH PRT2	Part of body on which the stress fracture occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (2017)	Integer	Value Frequency 1 1 2 1 3 2 5 3 6 3 7 13 8 9 0 2017 ----- Total 2049

Fort Jackson 88 Questionnaire Part 3 (Health History)
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Field Name	Description	Question #	Missing Values	Format	Responses
HH YR2 BL	Year of stress fracture injury.	16	0 (2017)	Integer	# Non-missing 32 Mean 85.094 Median 86.500 Minimum 77.000 Maximum 88.000
HH SEV2	Severity of stress fracture injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (2013)	Integer	Value Frequency 1 3 2 12 3 21 0 2013 ------ Total 2049
HH B Inj3 CART	Have you ever had a torn cartilage injury to your back or legs? 1=yes 2=no	16	0 (0)	Integer	Value Frequency 1 34 2 2015 ------ Total 2049
HH SD3	Side of body that torn cartilage injury occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (2016)	Integer	Value Frequency 1 14 2 10 3 9 0 2016 ------ Total 2049

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Field Name	Description	Question #	Missing Values	Format	Responses
HH PRT3	Part of body on which the torn cartilage injury occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (2021)	Integer	Value Frequency 1 1 3 1 4 19 5 1 6 1 7 4 8 1 0 2021 ------ Total 2049
HH YR3 BL	Year of torn cartilage injury.	16	0 (2021)	Integer	# Non-missing 28 Mean 85.179 Median 87.000 Minimum 75.000 Maximum 88.000
HH SEV3	Severity of torn cartilage injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (2016)	Integer	Value Frequency 1 2 2 5 3 26 0 2016 ------ Total 2049
HH B Inj4 LIG	Have you ever had a torn ligaments injury to your back or legs? 1=yes 2=no	16	0 (0)	Integer	Value Frequency 1 80 2 1969 ------ Total 2049

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Field Name	Description	Question #	Missing Values	Format	Responses
HH SD4	Side of body that torn ligaments injury occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (1973)	Integer	Value Frequency 1 42 2 26 3 8 0 1973 ------ Total 2049
HH PRT4	Part of body on which the torn ligaments injury occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (1984)	Integer	Value Frequency 1 4 2 2 3 5 4 29 6 1 7 21 8 3 0 1984 ------ Total 2049
HH YR4 BL	Year of torn ligaments injury.	16	0 (1979)	Integer	# Non-missing 70 Mean 84.986 Median 86.000 Minimum 68.000 Maximum 88.000
HH SEV4	Severity of torn ligaments injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (1974)	Integer	Value Frequency 1 6 2 23 3 46 0 1974 ------ Total 2049

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Field Name	Description	Question #	Missing Values	Format	Responses
HH B Inj5 KNEEI	Have you ever had a knee injury (to your back or legs)? 1=yes 2=no	16	0 (2)	Integer	Value Frequency 1 269 2 1778 0 2 ------ Total 2049
HH SD5	Side of body that knee injury occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (1792)	Integer	Value Frequency 1 116 2 89 3 51 5 1 0 1792 ------ Total 2049
HH PRT5	Part of body on which the knee injury occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (1792)	Integer	Value Frequency 4 256 0 1793 ------ Total 2049
HH YR5 BL	Year of knee injury.	16	0 (1801)	Integer	# Non-missing 248 Mean 84.161 Median 85.000 Minimum 60.000 Maximum 88.000

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Field Name	Description	Question #	Missing Values	Format	Responses
HH SEV5	Severity of knee injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (1791)	Integer	Value Frequency 1 41 2 104 3 113 0 1791 ----- Total 2049
HH B Inj6 ASPRN	Have you ever had a sprained ankle injury (to your back or legs)? 1=yes 2=no	16	0 (0)	Integer	Value Frequency 1 597 2 1452 ----- Total 2049
HH SD6	Side of body that sprained ankle occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (1476)	Integer	Value Frequency 1 249 2 151 3 173 0 1476 ----- Total 2049
HH PRT6	Part of body on which the sprained ankle occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (1478)	Integer	Value Frequency 7 562 8 7 0 1480 ----- Total 2049
HH YR6 BL	Year of sprained ankle injury.	16	0 (1519)	Integer	# Non-missing 530 Mean 84.740 Median 86.000 Minimum 63.000 Maximum 89.000

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Field Name	Description	Question #	Missing Values	Format	Responses
HH SEV6	Severity of sprained ankle. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (1475)	Integer	Value Frequency 1 159 2 288 3 127 0 1475 ------ Total 2049
HH B Inj7 OSPRN	Have you ever had an other sprain injury to your back or legs? 1=yes 2=no	16	0 (0)	Integer	Value Frequency 1 58 2 1991 ------ Total 2049
HH SD7	Side of body that other sprain injury occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (2004)	Integer	Value Frequency 1 11 2 14 3 19 4 1 0 2004 ------ Total 2049
HH PRT7	Part of body on which the other sprain injury occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (2011)	Integer	Value Frequency 1 13 3 3 4 8 6 1 7 6 8 5 9 2 0 2011 ------ Total 2049

Field Name	Description	Question #	Missing Values	Format	Responses
HH YR7 BL	Year of other sprain injury.	16	0 (2002)	Integer	# Non-missing 47 Mean 85.957 Median 87.000 Minimum 73.000 Maximum 88.000
HH SEV7	Severity of other sprain injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (1994)	Integer	Value Frequency 1 12 2 31 3 12 0 1994 ------ Total 2049
HH B Inj8 TND	Have you ever had tendonitis to your back or legs? 1=yes 2=no	16	0 (0)	Integer	Value Frequency 1 31 2 2018 ------ Total 2049
HH SD8	Side of body that tendonitis occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (2019)	Integer	Value Frequency 1 11 2 7 3 12 0 2019 ------ Total 2049
HH PRT8	Part of body on which the tendonitis occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (2026)	Integer	Value Frequency 4 12 6 2 7 5 8 4 0 2026 ------ Total 2049

Fort Jackson 88 Questionnaire Part 3 (Health History)
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Field Name	Description	Question #	Missing Values	Format	Responses
HH YR8 BL	Year of tendonitis.	16	0 (2021)	Integer	# Non-missing 28 Mean 84.679 Median 86.000 Minimum 70.000 Maximum 88.000
HH SEV8	Severity of tendonitis. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (2019)	Integer	Value Frequency 1　　15 2　　9 3　　6 0　　2019 -------- Total　2049
HH B Inj9 RTND	Have you ever had a ruptured tendon to your back or legs? 1=yes 2=no	16	0 (0)	Integer	Value Frequency 1　　8 2　　2041 -------- Total　2049
HH SD9	Side of body that the ruptured tendon occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (2041)	Integer	Value Frequency 1　　6 2　　1 3　　1 0　　2041 -------- Total　2049
HH PRT9	Part of body on which the ruptured tendon occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (2046)	Integer	Value Frequency 4　　1 7　　1 8　　1 0　　2046 -------- Total　2049

Fort Jackson 88 Questionnaire Part 3 (Health History)
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Field Name	Description	Question #	Missing Values	Format	Responses
HH YR9 BL	Year of the ruptured tendon.	16	0 (2042)	Integer	# Non-missing 7 Mean 82.429 Median 84.000 Minimum 76.000 Maximum 87.000
HH SEV9	Severity of the ruptured tendon. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (2042)	Integer	Value Frequency 1 1 2 3 3 3 0 2042 ------ Total 2049
HH B Inj10 MPUL	Have you ever had a muscle pull to your back or legs? 1=yes 2=no	16	0 (1)	Integer	Value Frequency 1 406 2 1642 0 1 ------ Total 2049
HH SD10	Side of body that the muscle pull occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (1706)	Integer	Value Frequency 1 128 2 58 3 153 4 2 5 2 0 1706 ------ Total 2049

Fort Jackson 88 Questionnaire Part 3 (Health History)
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Field Name	Description	Question #	Missing Values	Format	Responses
HH PRT10	Part of body on which the muscle pull occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (1733)	Integer	Value Frequency 1 62 2 3 3 170 4 7 5 64 6 3 7 4 8 3 0 1733 ------ Total 2049
HH YR10 BL	Year of the muscle pull.	16	0 (1697)	Integer	# Non-missing 352 Mean 85.764 Median 87.000 Minimum 60.000 Maximum 88.000
HH SEV10	Severity of the muscle pull. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (1668)	Integer	Value Frequency 1 128 2 190 3 63 0 1668 ------ Total 2049
HH B Injl1 01	Have you ever had another injury to your back or legs? 1=yes 2=no	16	0 (4)	Integer	Value Frequency 1 108 2 1937 0 4 ------ Total 2049

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Field Name	Description	Question #	Missing Values	Format	Responses
HH SD11	Side of body that the other injury occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (1959)	Integer	Value Frequency 1 30 2 24 3 35 5 1 0 1959 ------ Total 2049
HH PRT11	Part of body on which the other injury occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (1951)	Integer	Value Frequency 1 24 2 1 3 17 4 10 5 9 6 19 7 12 8 5 9 1 0 1951 ------ Total 2049
HH YR11 BL	Year of the other injury.	16	0 (1947)	Integer	# Non-missing 102 Mean 84.980 Median 86.000 Minimum 73.000 Maximum 88.000
HH SEV11	Severity of the other injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (1941)	Integer	Value Frequency 1 13 2 51 3 44 0 1941 ------ Total 2049

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Field Name	Description	Question #	Missing Values	Format	Responses
HH B Inj12 02	Have you ever had a second other injury to your back or legs? 1=yes 2=no	16	0 (4)	Integer	Value Frequency 1 6 2 2039 0 4 ------ Total 2049
HH SD12	Side of body that the second other injury occurred. 1=Right 2=Left 3=Both 4=NA 5=Unknown	16	0 (2042)	Integer	Value Frequency 1 2 2 4 3 1 0 2042 ------ Total 2049
HH PRT12	Part of body on which the second other injury occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe	16	0 (2045)	Integer	Value Frequency 3 1 4 1 6 1 7 1 0 2045 ------ Total 2049
HH YR12 BL	Year of the second other injury.	16	0 (2044)	Integer	# Non-missing 5 Mean 84.800 Median 86.000 Minimum 80.000 Maximum 88.000

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Field Name	Description	Question #	Missing Values	Format	Responses
HH SEV12	Severity of the second other injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury	16	0 (2042)	Integer	Value Frequency 1 3 2 2 3 2 0 2042 ------- Total 2049
HH SILL	Have you ever had a serious illness or health problem other than an injury? 1=yes 2=no	17	0 (0)	Integer	Value Frequency 1 485 2 1564 ------- Total 2049
HH ILL TYPE1	Name of first serious illness.	17		Alpha20	
HH ILL YR1	Year of first serious illness.	17	0 (1692)	Integer	# Non-missing 357 Mean 81.176 Median 83.000 Minimum 56.000 Maximum 88.000
HH ILL TYPE2	Name of second serious illness.	17		Alpha20	
HH ILL YR2	Year of second serious illness.	17	0 (1960)	Integer	# Non-missing 89 Mean 82.303 Median 85.000 Minimum 64.000 Maximum 88.000
HH FLU	Have you had a cold or flu in the last 2 weeks? 1=yes 2=no	18	0 (0)	Integer	Value Frequency 1 547 2 1502 ------- Total 2049
HH FEV	Have you had a fever in the last two weeks? 1=yes 2=no	19	0 (0)	Integer	Value Frequency 1 224 2 1825 ------- Total 2049

Fort Jackson 88 Questionnaire Part 3 (Health History)
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Field Name	Description	Question #	Missing Values	Format	Responses
HH NVD	Have you had nausea with vomiting, and/or diarrhea in the last two weeks? (not associated with drinking) 1=yes 2=no	20	0 (0)	Integer	Value Frequency 1 274 2 1775 ------ Total 2049

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Fort Jackson 88 Questionnaire Part 4 (Misc History)
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Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH SUB NUM	Subject Number, Unique		── (10)		Alpha8	
MH UNIT	Basic Training Unit				Alpha6	Value Frequency A134 99 A213 211 B128 143 B134 217 B213 177 B315 2 B334 6 BPRO 53 C134 227 C213 55 CPRO 63 D134 206 D213 232 D334 49 E213 210 PROT 1 UNKN 14 ──── Total 2049
MH ACC NUM	Entered as 1 for everyone.				Integer	Value Frequency 1 2040 0 9 ──── Total 2049
MH REC EX	Over the last month how often did you exercise or play sports for 15 minutes or more?	21	── (1)		Alpha6	Value Frequency 1/WK 1 2-3/WK 262 < 1/WK 798 > 4/WK 178 NONE 626 184 ──── Total 2049

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Fort Jackson 88 Questionnaire Part 4 (Misc History)
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Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH EX CD	Code for MH REC EX. 1=No exercise or sports in last month. 2=Less than once per week. 3=One time per week. 4=Two or three times per wk. 5=Four or more times per week	21	0 (1)	Case of : (MH REC EX= "NONE") 1 : (MH REC EX= "< 1/WK") 2 : (MH REC EX= "1/WK") 3 : (MH REC EX= "2-3/WK") 4 : (MH REC EX= "> 4/WK") 5 End Case	Integer	Value Frequency 1 184 2 178 3 262 4 798 5 626 0 1 ------ Total 2049
MH J AND R	In the last month how many times did you run and jog more than 15 minutes of actual running time?	22	—— (5)		Alpha6	Value Frequency 5 1/WK 333 2-3/WK 628 < 1/WK 295 > 4/WK 266 NONE 522 ------ Total 2049
MH J AND R CD	Code for MH J AND R. 1=None, did not run or jog 15 minutes or more in last month. 2=Less than once per week. 3=One time per week. 4=Two or three times per wk. 5=Four or more times per week	22	0 (5)	Case of : (MH J AND R= "NONE") 1 : (MH J AND R= "< 1/WK") 2 : (MH J AND R= "1/WK") 3 : (MH J AND R= "2-3/WK") 4 : (MH J AND R= "> 4/WK") 5 End Case	Integer	Value Frequency 1 522 2 295 3 333 4 628 5 266 0 5 ------ Total 2049

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Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses

MH CHNG EX	How often did your level of exercise or sports participation in the last month compare to your usual level of the last year?	23	—— (6)		Alpha6	Value Frequency
						           6
						LESS 433
						M LESS 386
						M MORE 178
						MORE 485
						SAME 561
						        ------ 	
						Total 2049

MH CHNG CD	Code for MH CHNG EX.
	1=Did much less
	2=Did less
	3=Did about same
	4=Did more
	5=Did much more
		23	0 (6)	Case of
				 :(MH CHNG EX=
				 "M LESS") 1
				 :(MH CHNG EX=
				 "LESS") 2
				 :(MH CHNG EX=
				 "SAME") 3
				 :(MH CHNG EX=
				 "MORE") 4
				 :(MH CHNG EX=
				 "M MORE") 5
				End Case
					Integer	Value Frequency
						  1 386
						  2 433
						  3 561
						  4 485
						  5 178
						  0 6
						      ------ 	
						Total 2049

MH DIST	In the last month, when you ran or jogged, about how far did you normally go (on an average basis)?	24	—— (6)		Alpha6	Value Frequency
						           6
						1 - 3 801
						1 OR < 619
						3 - 5 142
						> 5 31
						NONE 450
						      ------ 	
						Total 2049

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Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH DIST CD	Code for MH DIST 1=Did not run or jog in last month. 2=1 mile or less 3=Between 1 & 3 miles 4=3 to 5 miles 5=More than 5 miles	24	0 (6)	Case of :(MH DIST="NONE") 1 :(MH DIST="1 OR <") 2 :(MH DIST="1 - 3") 3 :(MH DIST="3 - 5") 4 :(MH DIST="> 5") 5 End Case	Integer	Value Frequency 1 450 2 619 3 801 4 142 5 31 0 6 ------ Total 2049
MH TIME	In the last month, when you ran or jogged, about how many minutes did you usually run (on an average basis)?	25	— (8)		Alpha7	Value Frequency 8 10 - 20 672 20 - 30 452 < 10 236 > 30 242 NONE 439 ------ Total 2049
MH TIME CD	Code for MH TIME 1=Did not run or jog 2=Less than 10 minutes 3=10 to 20 minutes 4=20 to 30 minutes 5=More than 30 minutes	25	0 (8)	Case of :(MH TIME="NONE") 1 :(MH TIME="< 10") 2 :(MH TIME="10 - 20") 3 :(MH TIME="20 - 30") 4 :(MH TIME="> 30") 5 End Case	Integer	Value Frequency 1 439 2 236 3 672 4 452 5 242 0 8 ------ Total 2049

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses

MH STR	Was stretching a regular part of your exercise program?	26	—— (6)		Alpha6	Value Frequency
						1/2 6
						< 1/2 325
						> 1/2 475
						ALMAYS 179
						NO EXE 551
						NO STR 248
						              265
						         ------- 	
						Total 2049

MH STR CD	Code for MH STR 1=Don't exercise 2=No; I exercise but I don't stretch 3=Less than 1/2 the time 4=About 1/2 the time 5=More than 1/2 the time 6=Always	26	0 (7)	Case of : (MH STR="NO EXE") 1 : (MH STR="NO STR") 2 : (MH STR="< 1/2") 3 : (MH STR="1/2") 4 : (MH STR="> 1/2") 5 : (MH STR="ALWAYS") 6 End Case	Integer	Value Frequency 1 248 2 265 3 475 4 325 5 179 6 551 0 6 ------- Total 2049
MH A AND S	In the last month did you do any vigorous exercise or sports other than running that caused you to breathe heavily or break into a sweat? 1=yes 2=no	27	0 (24)		Integer	Value Frequency 1 1034 2 991 0 24 ------- Total 2049
MH OTH AS1	First entry for vigorous activity other than running.	27			Alpha30	

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH OTH1 WK	How many times per week of first vigorous activity?	27	0 (1172)		Integer	# Non-Missing 877 Mean 3.495 Median 3.000 Minimum 1.000 Maximum 35.000
MH OTH AS2	Second entry for vigorous activity other than running.	27			Alpha30	
MH OTH2 WK	How many times per week of second vigorous activity?	27	0 (1832)		Integer	# Non-Missing 217 Mean 3.664 Median 3.000 Minimum 1.000 Maximum 7.000
MH BOW LG	Are you more bow legged than most people of your sex? 1=yes 2=no	28	0 (2)		Integer	Value Frequency 1 136 2 1911 0 2 ----- Total 2049
MH KNK KN	Are you more knock kneed than most people of your sex? 1=yes 2=no	29	0 (7)		Integer	Value Frequency 1 79 2 1963 0 7 ----- Total 2049
MH FLT FT	Do you have flatter feet (lower arches) than most people of your sex? 1=yes 2=no	30	0 (6)		Integer	Value Frequency 1 331 2 1712 0 6 ----- Total 2049
MH H ARCH	Do you have higher arches than most people of your sex? 1=yes 2=no	31	0 (6)		Integer	Value Frequency 1 169 2 1874 0 6 ----- Total 2049

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH FT PRB	Do you have problems with your feet that cause you to limit your daily activities sometimes? 1=yes 2=no	32	0 (3)		Integer	Value Frequency 1 113 2 1933 0 3 ----- Total 2049
MH FOOT PR TYPE	Explanation of foot problems.	32			Alpha25	
MH BCK PN	Do you have back pain that causes you to limit your daily activities sometimes? 1=yes 2=no	33	0 (4)		Integer	Value Frequency 1 202 2 1843 0 4 ----- Total 2049
MH B PAIN TYPE	Explanation of back pain.	33			Alpha24	
MH WT LB	How much do you weigh in lbs?	34	0 (15)		Integer	# Non-missing 2034 Mean 146.993 Median 140.000 Minimum 92.000 Maximum 330.000
MH WT KG	Weight in Kg, calculated from weight in lbs.	34	0 (15)	MH WT LB/2.2	Real	# Non-missing 2034 Mean 66.815 Median 63.636 Minimum 41.818 Maximum 150.000
MH HT IN	What is your height in inches?	35	0 (25)		Integer	# Non-missing 2024 Mean 67.127 Median 67.000 Minimum 49.000 Maximum 86.000
MH HT CM	Height in cm, calculated from height in inches.	35	0 (25)	MH HT IN*2.54	Real	# Non-missing 2024 Mean 170.502 Median 170.180 Minimum 124.460 Maximum 218.440

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH SHOE Age	About how long ago did you buy your training shoes?	36	— (16)		Alpha11	Value Frequency 1MTH - 6MTH 16 1WK - 1MTH 253 6MTH - 1 YR 363 < 1 WK 87 > 1 YR 439 NEW 44 847 ----- Total 2049
MH SHOE Age CD	Code for MH SHOE AGE. 1=Brand new 2=Less than one week. 3=One week to one month. 4=One month to six months. 5=Six months to one year. 6=More than one year	36	0 (5)	Case of : (MH SHOE AGE= "NEW") 1 : (MH SHOE AGE= "< 1 WK") 2 : (MH SHOE AGE= "1WK - 1MTH") 3 : (MH SHOE AGE= "1MTH - 6MTH") 4 : (MH SHOE AGE= "6MTH - 1 YR") 5 : (MH SHOE AGE= "> 1 YR") 6 End Case	Integer	Value Frequency 1 847 2 439 3 363 4 253 5 87 6 44 0 16 ----- Total 2049
MH P Cond	How do you think your physical condition compares to others coming into the Army for the first time?	37	— (5)		Alpha8	Value Frequency BETTER 5 M BETTER 449 M WORSE 61 SAME 41 WORSE 1255 238 ----- Total 2049

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Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH P Cond CD	Code for MH P COND 1=Much worse than most 2=Worse than most 3=About the same 4=Better than most 5=Much better than most	37	0 (5)	Case of : (MH P COND= "M WORSE") 1 : (MH P COND= "WORSE") 2 : (MH P COND= "SAME") 3 : (MH P COND= "BETTER") 4 : (MH P COND= "M BETTER") 5 End Case	Integer	Value Frequency 1 41 2 238 3 1255 4 449 5 61 0 5 ------ Total 2049
MH FTU	Were you in a Fitness Training Unit before starting this cycle of basic training? 1=yes 2=no	38	0 (11)		Integer	Value Frequency 1 81 2 1957 0 11 ------ Total 2049
MH SMK	Have you smoked one or more cigarettes in the past year? 1=yes 2=no	39a	0 (11)		Integer	Value Frequency 1 847 2 1191 0 11 ------ Total 2049
MH YR SMK	How many years have you smoked one or more cigarettes?	39b	0 (1222)		Real	# Non-missing 827 Mean 4.455 Median 4.000 Minimum .500 Maximum 25.000
MH CIG DAY	In the month before coming into the army, on the average, how many cigarettes did you smoke each day?	39c	0 (1322)		Integer	# Non-missing 727 Mean 14.338 Median 14.000 Minimum 1.000 Maximum 70.000

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH YR CIG DAY	How many years have you smoked this many cigarettes each day?	39d	0 (1341)		Real	# Non-missing 708 Mean 3.240 Median 2.000 Minimum .100 Maximum 21.000
MH CIG TYPE	If yes to smoking during this one month before coming into the Army, what kinds of cigarettes did you usually smoke?	39e	0 (1218)		Alpha10	Value Frequency LOW TAR 1218 NON FILTER 199 NONE 10 OTHER 63 REG FILTER 2 557 ------ Total 2049
MH CIG CD	Code for MH CIG TYPE 1=Non-Filter 2=Regular Tars 3=Low-Tar 4=Did not smoke any	39e	0 (1212)	Case of : (MH CIG TYPE= "NON FILTER") 1 : (MH CIG TYPE= "REG FILTER") 2 : (MH CIG TYPE= "LOW TAR") 3 : (MH CIG TYPE= "NONE") 4 : (MH CIG TYPE= "OTHER") 5 End Case	Integer	Value Frequency 1 10 2 557 3 199 4 63 5 2 0 1218 ------ Total 2049
MH ETHNIC	What most closely describes your ethnic group?	40	—— (0)		Alpha6	Value Frequency AM IND 32 ASIAN 29 BLACK 739 HISP 138 OTHER 28 UNKNWN 33 WHITE 1050 ------ Total 2049

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH ETHNIC CD	Code for MH ETHNIC 1=White, non-hispanic 2=Black, non-hispanic 3=Hispanic 4=Amer Indian/Eskimo 5=Oriental/Asian 6=Other 7=Unknown	40	0 (19)	Case of :(MH ETHNIC ="WHITE") 1 :(MH ETHNIC ="BLACK") 2 :(MH ETHNIC ="HISP") 3 :(MH ETHNIC ="ASIAN") 4 :(MH ETHNIC ="AM IND") 5 :(MH ETHNIC =" OTHER") 6 :(MH ETHNIC ="UNKNWN") 7 End Case	Integer	Value Frequency 1 1050 2 739 3 138 4 29 5 32 6 28 7 33 ------ Total 2049
MH HRS TV	In the past month, about how many hours of TV did you watch each week?	41	0 (58)		Real	# Non-missing 1991 Mean 22.672 Median 15.000 Minimum .500 Maximum 385.000
MH HOURS AUTO	In the past month, about how many hours did you spend in a car (driving or riding) each week?	42	0 (54)		Real	# Non-missing 1995 Mean 27.229 Median 18.000 Minimum .500 Maximum 2080.000
MH 1PERIOD	How old were you when you had your first menstrual period? (females only)	43a	0 (1109)		Integer	# Non-missing 933 Mean 12.977 Median 13.000 Minimum 8.000 Maximum 42.000
MH PER STOP	Have your periods ever stopped for 5 or more months (except for pregnancy)? (females only) 1=yes 2=no	43b	0 (1112)		Integer	Value Frequency 1 54 2 883 0 1112 ------ Total 2049

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH YR STOP	Most recent year of periods stopping for 5 or more months. (females only)	43b	0 (1996)		Integer	# Non-missing 53 Mean 83.679 Median 87.000 Minimum 1.000 Maximum 88.000
MH REG PERIOD	In the past year have your periods been regular? (females only) 1=yes 2=no	43c	0 (1109)		Integer	Value Frequency 1 756 2 184 0 1109 ------ Total 2049
MH PERD LENGTH	How many days does your period last?	43d	0 (1110)		Integer	# Non-missing 939 Mean 5.071 Median 5.000 Minimum 1.000 Maximum 28.000
MH PAIN	Do you have painful debilitating periods which interfere with activities or require prescription medication? (females only) 1=yes 2=no	43e	0 (1107)		Integer	Value Frequency 1 269 2 673 0 1107 ------ Total 2049
MH GIVEN BIRTH	Have you ever had a baby (including stillborn)? (females only) 1=yes 2=no	43f	0 (1109)		Integer	Value Frequency 1 150 2 790 0 1109 ------ Total 2049

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

Field Name	Description	Quest #	Missing Values	Calculation	Format	Responses
MH B MONTH	Month of last delivery (females only)	43f	— (1907)		Alpha3	Value Frequency 1907 APR 9 AUG 15 DEC 16 FEB 8 JAN 14 JUL 15 JUN 11 MAR 9 MAY 16 NOV 13 OCT 11 SEP 5 -------- Total 2049
MH B YEAR	Year of last delivery (females only)	43f	0 (1902)		Integer	# Non-missing 1902 Mean 84.463 Median 85.000 Minimum 70.000 Maximum 88.000

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FORT JACKSON 1988 DATABASE

APPENDIX E
TABLES AND HISTOGRAMS
PRESENTED FOR FEMALE RECRUITS

DEMOGRAPHICS, ANTHROPOMETRICS, RISK FACTORS,
AND FITNESS MEASURES

Fort Jackson 1988 Female Recruits
Table of Contents

Demographics:
Age
Unit
Race
Education Years
Home State

Anthropometrics:
Weight
Height
Body Mass Index
Army % Body Fat
Navy % Body Fat
Neck Size
Abdomen Size
Arm Size
Wrist Size
Hip Size
Grip Strength Test
Flexibility

Risk Factors:
Smoker (Y/N)
Years Smoked
Smoking Descriprion
Hospitalization History
Stress Fracture History
Surgery History
Flu (during past two weeks)
Fever (during past two weeks)
Nausea/Vomiting/Diarrhea (during past two weeks)

Fitness Measures:
Physical Activity Level
Physical Fitness Level
Occupational Activity Level
Exercise Frequency
METS
PT Test 1 Push Ups
PT Test 1 Sit Ups
PT Test 1 Number of Miles Run
PT Test 1 Run Time (1 mile)
PT Test 1 Run Time (2 mile)
PT Test 4 Push Ups
PT Test 4 Sit Ups
PT Test 4 Run Time (2 mile)
% Change for Push Ups
% Change for Sit Ups
% Change for Run Time (2 mile runners only)

FJ '88 Subject Info By Unit - Female

	B128	B334	D134	D213	D334	E213	EPRO	UNKNOWN	TOTAL
1 (Subject)	129	6	161	219	47	204		14	780
2 (Pro Unit)							83		83
3 (Recycled)	6		15	2					23
4 (Discharged)			12	11	2	5			30
5 (Anth Only, Pro)							3		3
6 (Quest Only, Pro)							1		1
7 (Anth Only)				2		4		2	8
8 (Quest Only)	8		17	1					26
9 (Non-Subject)	79		10	20	112	10	8		239
TOTAL:	222	6	215	255	161	223	95	16	1193

Note: All of the following charts and graphs were made using only recruits with a Subject Info Code of 1-4.

23 Jan 97 SPSS for Macintosh Release 6.1

AGE - Age of FEMALE recruits in years
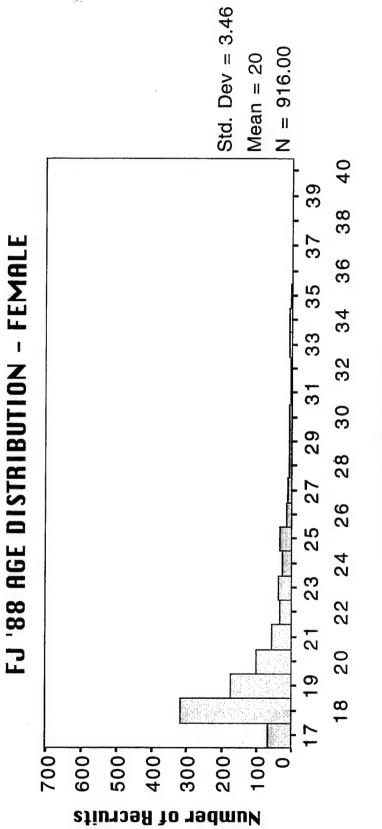
Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
	17	67	7.3	7.3	7.3
	18	315	34.4	34.4	41.7
	19	176	19.2	19.2	60.9
	20	100	10.9	10.9	71.8
	21	55	6.0	6.0	77.8
	22	35	3.8	3.8	81.7
	23	36	3.9	3.9	85.6
	24	26	2.8	2.8	88.4
	25	32	3.5	3.5	91.9
	26	15	1.6	1.6	93.6
	27	10	1.1	1.1	94.7
	28	8	.9	.9	95.5
	29	9	1.0	1.0	96.5
	30	7	.8	.8	97.3
	31	4	.4	.4	97.7
	32	5	.5	.5	98.3
	33	6	.7	.7	98.9
	34	8	.9	.9	99.8
	35	2	.2	.2	100.0
	Total	916	100.0	100.0	

Mean	20.206	Median	19.000	Mode	18.000
Std dev	3.458	Variance	11.958	Range	18.000
Minimum	17.000	Maximum	35.000		

Valid cases   916   Missing cases   0

FJ '88 AGE DISTRIBUTION - FEMALE

Number of Recruits

Std. Dev = 3.46

Mean = 20

N = 916.00

Age of Recruits in Years
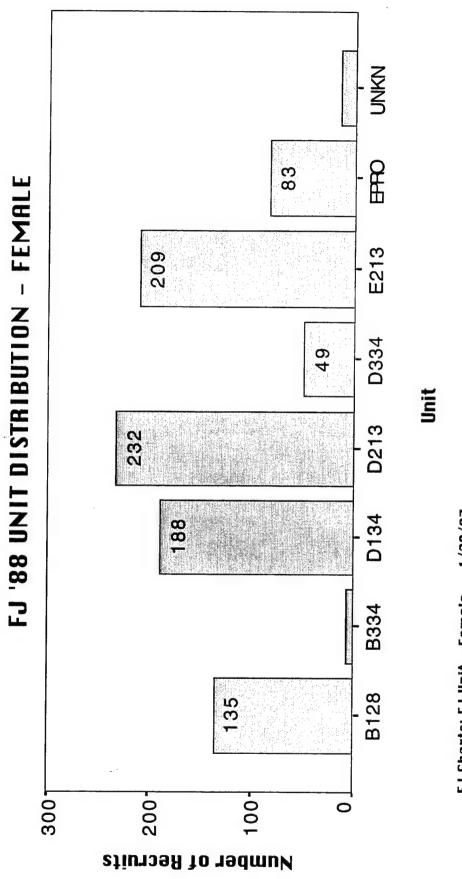
FJ Main File: Age   1/27/97

FJ Charts:FJ Age - Female

23 Jan 97 SPSS for Macintosh Release 6.1

UNIT   Unit Distribution - FEMALES

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
	B128	135	14.7	14.7	14.7
	B334	6	.7	.7	15.4
	D134	188	20.5	20.5	35.9
	D213	232	25.3	25.3	61.2
	D334	49	5.3	5.3	66.6
	E213	209	22.8	22.8	89.4
	EPRO	83	9.1	9.1	98.5
	UNKN	14	1.5	1.5	100.0
		------	------	------	
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

FJ '88 UNIT DISTRIBUTION – FEMALE

Bar chart titled "FJ '88 UNIT DISTRIBUTION – FEMALE"

Y-axis: Number of Recruits (0 to 300)
X-axis: Unit

Unit	Number of Recruits
B128	135
B334	(small value)
D134	188
D213	232
D334	49
E213	209
EPRO	83
UNKN	(small value)
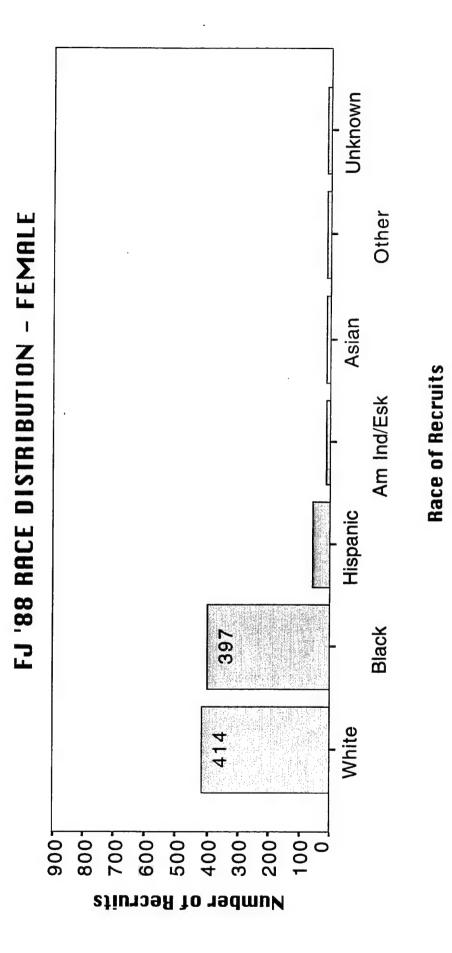
FJ Charts: FJ Unit – Female   1/28/97

23 Jan 97 SPSS for Macintosh Release 6.1

MH_RACE   -   Race of FEMALE recruits
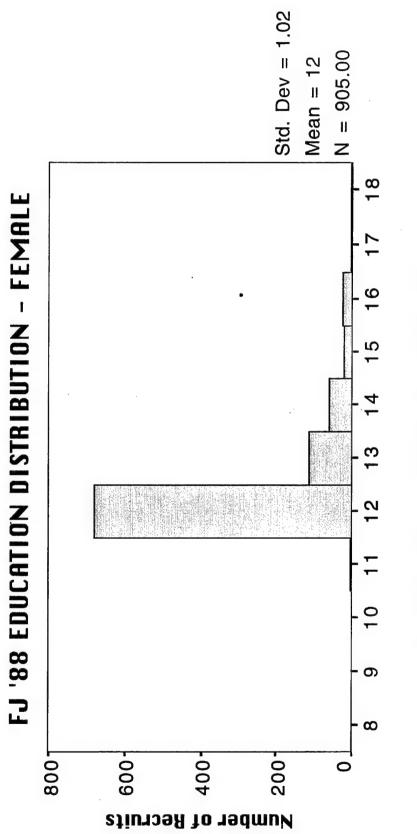
Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
WHITE	1	414	45.2	45.2	45.2
BLACK	2	397	43.3	43.3	88.5
HISPANIC	3	57	6.2	6.2	94.8
AM IND/ESK	4	12	1.3	1.3	96.1
ASIAN	5	13	1.4	1.4	97.5
OTHER	6	12	1.3	1.3	98.8
UNKNOWN	7	11	1.2	1.2	100.0
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

FJ '88 RACE DISTRIBUTION – FEMALE

Bar chart titled "FJ '88 RACE DISTRIBUTION – FEMALE"

- Y-axis: **Number of Recruits** (0 to 900, in increments of 100)
- X-axis: **Race of Recruits** (White, Black, Hispanic, Am Ind/Esk, Asian, Other, Unknown)

Values shown:
- White: 414
- Black: 397

FJ Charts: FJ MH Race – Female   1/28/97

23 Jan 97 SPSS for Macintosh Release 6.1

G_ED_YRS   Number of years of education for FEMALE recruits
             (GED or High-school Graduation=12, college graduation=16)

				Valid	Cum
Value Label	Value	Frequency	Percent	Percent	Percent
	11	5	.5	.6	.6
	12	679	74.1	75.0	75.6
	13	111	12.1	12.3	87.8
	14	58	6.3	6.4	94.3
	15	21	2.3	2.3	96.6
	16	25	2.7	2.8	99.3
	17	2	.2	.2	99.6
	18	4	.4	.4	100.0
	0	11	1.2	Missing	
		-------	-------	-------	
	Total	916	100.0	100.0	

Valid cases   905   Missing cases   11

FJ '88 EDUCATION DISTRIBUTION – FEMALE

Std. Dev = 1.02

Mean = 12

N = 905.00

Number of Years of Education (GED=12)

Number of Recruits

8   9   10   11   12   13   14   15   16   17   18

0   200   400   600   800
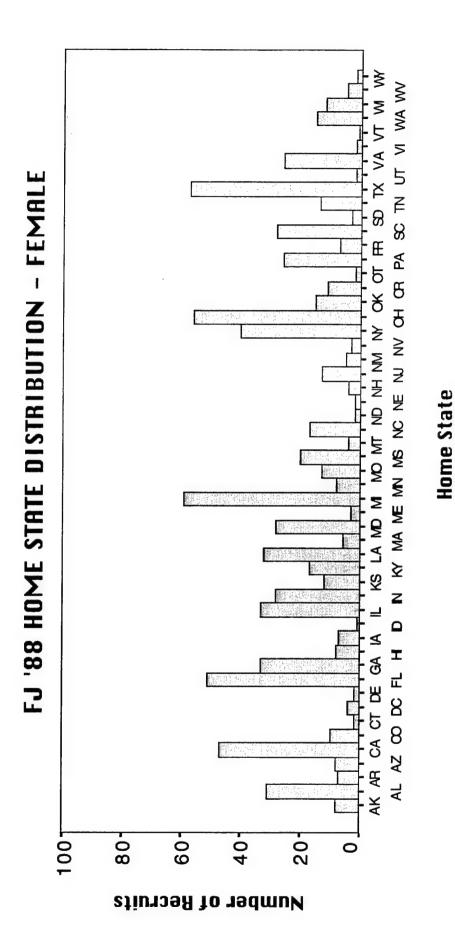
FJ Charts:FJ G Ed Yrs – Female   1/27/97

23 Jan 97   SPSS for Macintosh Release 6.1

G_HOME   Home state of FEMALE recruits (Postal Abbreviation)

Value	Freq	Pct	Cum Pct
AK	64	7	7
AL	8	1	8
AR	31	3	11
AZ	7	1	12
CA	8	1	13
CO	47	5	18
CT	10	1	19
DC	2	0	19
DE	4	0	20
FL	2	0	20
GA	51	6	26
HI	33	4	29
IA	8	1	30
ID	7	1	31
IL	1	0	31
IN	33	4	34
KS	28	3	38
	12	1	39
KY	17	2	41
LA	32	3	44
MA	6	1	45
MD	28	3	48
ME	3	0	48
MI	59	6	55
MN	8	1	56
MO	13	1	57
MS	20	2	59
MT	4	0	60
NC	17	2	61
ND	2	0	62
NE	2	0	62
NH	4	0	62
NJ	13	1	64
NM	5	1	64
NV	3	0	65
NY	40	4	69
OH	56	6	75
OK	15	2	77
OR	11	1	78
OT	2	0	78
PA	26	3	81
PR	7	1	82
SC	28	3	85
SD	3	0	85
TN	14	2	87
TX	57	6	93
UT	2	0	93
VA	26	3	96
VI	2	0	96
VT	1	0	96
WA	13	1	98
WI	12	1	99
WV	5	1	100
WY	2	0	100

Valid cases   916   Missing cases   0

FJ '88 HOME STATE DISTRIBUTION - FEMALE

Number of Recruits vs **Home State**

FJ Charts: FJ Home - Female   1/27/97

23 Jan 97 SPSS for Macintosh Release 6.1

WEIGHT_1   Weight of FEMALE recruits in 5 kg groups

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
40-44.99	40.00	14	1.5	1.5	1.5
45-49.99	45.00	100	10.9	10.9	12.4
50-54.99	50.00	164	17.9	17.9	30.3
55-59.99	55.00	264	28.8	28.8	59.2
60-64.99	60.00	252	27.5	27.5	86.7
65-69.99	65.00	89	9.7	9.7	96.4
70-74.99	70.00	27	2.9	2.9	99.3
75-79.99	75.00	5	.5	.5	99.9
85-89.99	85.00	1	.1	.1	100.0
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

Statistics for continuous weight variable (AN_WT):
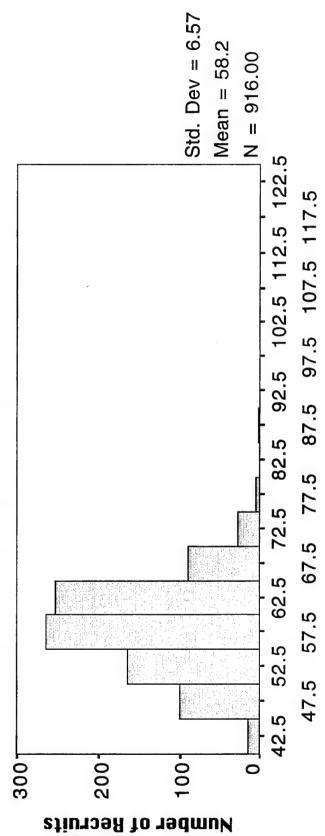
Mean	58.201	Median	58.600	Mode	59.900
Std dev	6.570	Variance	43.161	Range	47.700
Minimum	40.000	Maximum	87.700		

* Multiple modes exist.   The smallest value is shown.

Valid cases   916   Missing cases   0

FJ '88 WEIGHT DISTRIBUTION – FEMALE

Number of Recruits (y-axis): 0, 100, 200, 300

Weight categories (x-axis): 42.5, 47.5, 52.5, 57.5, 62.5, 67.5, 72.5, 77.5, 82.5, 87.5, 92.5, 97.5, 102.5, 107.5, 112.5, 117.5, 122.5

Std. Dev = 6.57
Mean = 58.2
N = 916.00

Weight of Recruits in 5 kg groups

FJ Charts:FJ An WT – Female   1/27/97

Weight Categories: 40-44.99, 45-49.99, 50-54.99, ..., 120-124.99

23 Jan 97 SPSS for Macintosh Release 6.1

AN_HT   Height of FEMALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
142-143.99	142.00	1	.1	.1	.1
144-145.99	144.00	2	.2	.2	.3
146-147.99	146.00	10	1.1	1.1	1.4
148-149.99	148.00	8	.9	.9	2.3
150-151.99	150.00	24	2.6	2.6	4.9
152-153.99	152.00	45	4.9	4.9	9.8
154-155.99	154.00	78	8.5	8.5	18.3
156-157.99	156.00	99	10.8	10.8	29.1
158-159.99	158.00	113	12.3	12.3	41.5
160-161.99	160.00	106	11.6	11.6	53.1
162-163.99	162.00	90	9.8	9.8	62.9
164-165.99	164.00	82	9.0	9.0	71.8
166-167.99	166.00	96	10.5	10.5	82.3
168-169.99	168.00	58	6.3	6.3	88.6
170-171.99	170.00	47	5.1	5.1	93.8
172-173.99	172.00	25	2.7	2.7	96.5
174-175.99	174.00	13	1.4	1.4	97.9
176-177.99	176.00	8	.9	.9	98.8
178-179.99	178.00	4	.4	.4	99.2
180-181.99	180.00	5	.5	.5	99.8
186-187.99	186.00	1	.1	.1	99.9
188-189.99	188.00	1	.1	.1	100.0
	Total	916	100.0	100.0	

Note: Data above this line is not shown on graph

Statistics for AN_HT:

Mean	161.912	Median	161.500	Mode	162.900
Std dev	6.567	Variance	43.131	Range	45.400
Minimum	143.600	Maximum	189.000		

Valid cases   916   Missing cases   0

FJ '88 HEIGHT DISTRIBUTION – FEMALE

Number of Recruits

Std. Dev = 6.57

Mean = 162

N = 916.00

Height (cm)

200   150   100   50   0

145 149 153 157 161 165 169 173 177 181 185 189 193 197 201 205 209

FJ Charts:FJ An HT – Female   1/27/97

Height Categories: 144-145.99, 146-147.99, 148-149.99, ..., 208-209.99

BMI_2   BMI Distribution for FEMALE recruits in 1 kg/m^2 increments.

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
16-16.99	16.00	1	.1	.1	.1
17-17.99	17.00	16	1.7	1.7	1.9
18-18.99	18.00	46	5.0	5.0	6.9
19-19.99	19.00	93	10.2	10.2	17.0
20-20.99	20.00	123	13.4	13.4	30.5
21-21.99	21.00	119	13.0	13.0	43.4
22-22.99	22.00	153	16.7	16.7	60.2
23-23.99	23.00	164	17.9	17.9	78.1
24-24.99	24.00	138	15.1	15.1	93.1
25-25.99	25.00	52	5.7	5.7	98.8
26-26.99	26.00	10	1.1	1.1	99.9
27-27.99	27.00	1	.1	.1	100.0
	Total	916	100.0	100.0	

Statistics for AN_BMI:

Mean	22.190	Median	22.440	Mode	24.040
Std dev	2.038	Variance	4.152	Range	10.800
Minimum	16.360	Maximum	27.160		

Valid cases	916	Missing cases	0

FJ '88 BMI DISTRIBUTION - FEMALE

Number of Recruits (y-axis): 0, 50, 100, 150, 200

Body Mass Index for Recruits (kg/m^2) (x-axis): 16.5, 17.5, 18.5, 19.5, 20.5, 21.5, 22.5, 23.5, 24.5, 25.5, 26.5, 27.5, 28.5, 29.5, 30.5, 31.5, 32.5, 33.5, 34.5

Std. Dev = 2.04
Mean = 22.2
N = 916.00

FJ Charts:FJ An BMI - Female   1/27/97

BMI Categories: 16-16.99, 17-17.99, 18-18.99, ..., 34-34.99

23 Jan 97 SPSS for Macintosh Release 6.1

ARMYBF_1   Army calculation of Percent Body Fat for FEMALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
12-13.99	12.00	1	.1	.1	.1
14-15.99	14.00	1	.1	.1	.2
16-17.99	16.00	8	.9	.9	1.1
18-19.99	18.00	33	3.6	3.6	4.7
20-21.99	20.00	57	6.2	6.2	10.9
22-23.99	22.00	111	12.1	12.1	23.1
24-25.99	24.00	163	17.8	17.8	40.9
26-27.99	26.00	181	19.8	19.8	60.7
28-29.99	28.00	151	16.5	16.5	77.2
30-31.99	30.00	135	14.7	14.8	92.0
32-33.99	32.00	62	6.8	6.8	98.8
34-35.99	34.00	9	1.0	1.0	99.8
38-39.99	38.00	1	.1	.1	99.9
42-43.99	42.00	1	.1	.1	100.0
Missing	.	2	.2	Missing	
Total		916	100.0	100.0	

Statistics for ANARMYBF:

Mean	26.754	Median	27.000	Mode	27.000
Std dev	3.816	Variance	14.562	Range	29.210
Minimum	13.390	Maximum	42.600		
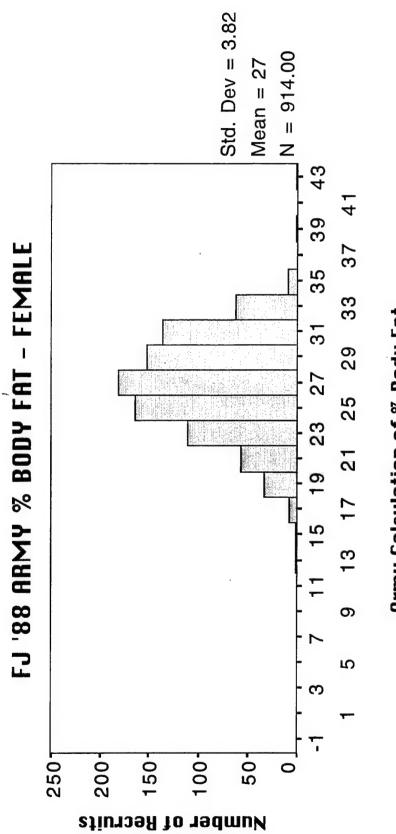
* Multiple modes exist. The smallest value is shown.

Valid cases   914   Missing cases   2

Formula (FEMALE): Anth Army BF:=if (Anth Hip>2, (105.328*Log10(Anth WT))-(0.200*Anth Wrist Avg)-
(0.533*Anth Nek Avg)-(1.574*Anth Arm Avg) + (0.173*Anth Hip Avg) -
(0.515*Anth Ht) - 35.601), 0)

FJ '88 ARMY % BODY FAT – FEMALE

Std. Dev = 3.82
Mean = 27
N = 914.00

Number of Recruits (y-axis: 0, 50, 100, 150, 200, 250)

x-axis: -1, 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39, 41, 43

Army Calculation of % Body Fat

FJ Charts:FJ An Army % BF - Female   1/27/97

Army % BF categories: (-2)-(-0.01), 0-1.99, 2-3.99, ..., 42-43.99

23 Jan 97 SPSS for Macintosh Release 6.1

NAVYBF_1   Navy calculation of Percent Body Fat for FEMALE recruits
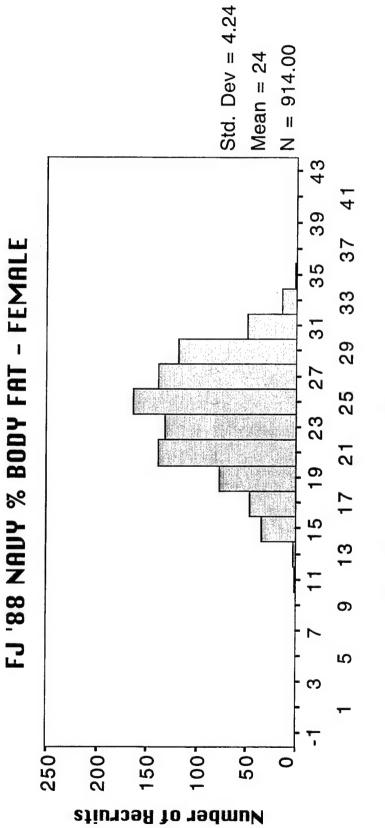
Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
10-11.99	10.00	1	.1	.1	.1
12-13.99	12.00	2	.2	.2	.3
14-15.99	14.00	34	3.7	3.7	4.0
16-17.99	16.00	47	5.1	5.1	9.2
18-19.99	18.00	77	8.4	8.4	17.6
20-21.99	20.00	138	15.1	15.1	32.7
22-23.99	22.00	132	14.4	14.4	47.2
24-25.99	24.00	163	17.8	17.8	65.0
26-27.99	26.00	138	15.1	15.1	80.1
28-29.99	28.00	118	12.9	12.9	93.0
30-31.99	30.00	49	5.3	5.4	98.4
32-33.99	32.00	14	1.5	1.5	99.9
34-35.99	34.00	1	.1	.1	100.0
Missing	.	2	.2	Missing	
	Total	916	100.0	100.0	

Statistics for ANNAVYBF:

Mean	24.038	Median	24.300	Mode	25.960
Std dev	4.241	Variance	17.985	Range	23.400
Minimum	11.900	Maximum	35.300		

Valid cases   914   Missing cases   2

Formula (FEMALE): Anth Navy BF:=if (Anth Hip Avg>0, ((4.95/Anth BD)-4.50)*100,0)
         with: Anth BD := if (ANth Hip>0, 1.29579+(0.22100*Loh10(Anth HT) -
                (0.35004*Log10(Anth ABD Avg+Anth Hip Avg-Anth Nek Avg)), 1)

FJ '88 NAVY % BODY FAT - FEMALE

Number of Recruits

Std. Dev = 4.24

Mean = 24

N = 914.00

Navy Calculation of % Body Fat

FJ Charts:FJ An Navy % BF - Female   1/27/97

Navy % BF categories: (-2)-(-0.01), 0-1.99, 2-3.99, ..., 42-43.99

23 Jan 97 SPSS for Macintosh Release 6.1

ANNEKAVG   Neck Size Distribution for FEMALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent	
23-23.99	23.00	1	.1	.1	.1	Data above this line not shown on graph
26-26.99	26.00	1	.1	.1	.2	
27-27.99	27.00	5	.5	.5	.8	
28-28.99	28.00	26	2.8	2.8	3.6	
29-29.99	29.00	93	10.2	10.2	13.8	
30-30.00	30.00	184	20.1	20.1	33.8	
31-31.99	31.00	256	27.9	27.9	61.8	
32-32.99	32.00	201	21.9	21.9	83.7	
33-33.99	33.00	105	11.5	11.5	95.2	
34-34.99	34.00	37	4.0	4.0	99.2	
35-35.99	35.00	4	.4	.4	99.7	
36-36.99	36.00	3	.3	.3	100.0	
	Total	916	100.0	100.0		

Valid cases   916   Missing cases   0

Statistics for ANNEKAVG:

Mean	31.538	Median	31.500	Mode	31.130
Std dev	1.466	Variance	2.149	Range	13.130
Minimum	23.500	Maximum	36.630		

Valid cases   916   Missing cases   0
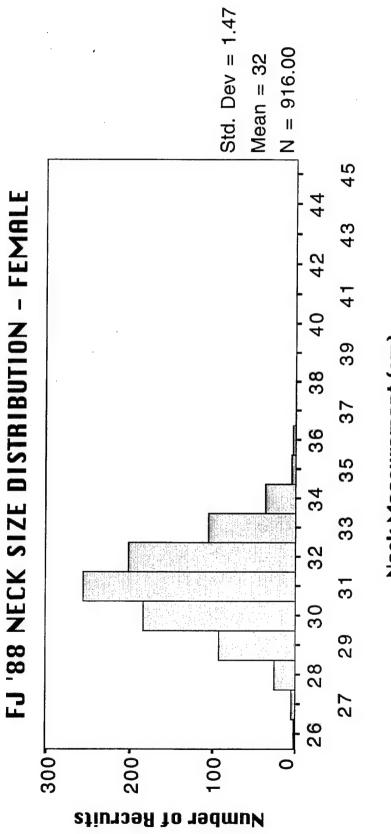
Note: ANNEKAVG is an average of three neck size measurements

FJ '88 NECK SIZE DISTRIBUTION – FEMALE

Std. Dev = 1.47
Mean = 32
N = 916.00

Number of Recruits (vertical axis: 300, 200, 100, 0)

Neck Measurement (cm) (horizontal axis: 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45)

FJ Charts: FJ Neck – Female   1/27/97

Neck Size Categories: 26-26.99, 27-27.99, 28-28.99, ..., 45-45.99

23 Jan 97 SPSS for Macintosh Release 6.1

ABD_1   Average Waist Size Distribution for FEMALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
55-59.99	55.00	38	4.1	4.2	4.2
60-64.99	60.00	239	26.1	26.1	30.3
65-69.99	65.00	355	38.8	38.8	69.1
70-74.99	70.00	234	25.5	25.6	94.7
75-79.99	75.00	42	4.6	4.6	99.3
80-84.99	80.00	5	.5	.5	99.9
85-89.99	85.00	1	.1	.1	100.0
Missing	.	2	.2	Missing	
	Total	916	100.0	100.0	

Statistics for ANABDAVG:
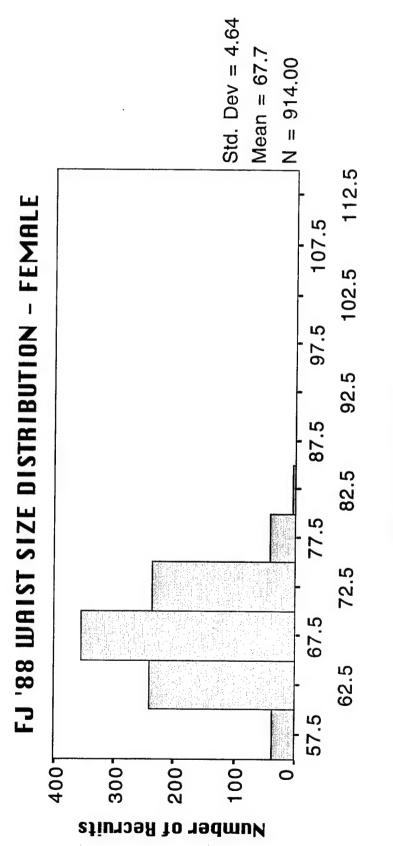
Mean	67.691	Median	67.550	Mode	65.470
Std dev	4.645	Variance	21.574	Range	32.100
Minimum	55.630	Maximum	87.730		

* Multiple modes exist. The smallest value is shown.

Valid cases   914   Missing cases   2

Note: ANABDAVG is an average of three waist measurements

FJ '88 WAIST SIZE DISTRIBUTION – FEMALE

Number of Recruits

Std. Dev = 4.64
Mean = 67.7
N = 914.00

Waist Size (cm)

57.5 62.5 67.5 72.5 77.5 82.5 87.5 92.5 97.5 102.5 107.5 112.5

FJ Charts:FJ Abd – Female   1/27/97

Abdomen Size Categories: 55-59.99, 60-64.99, 65-69.99, ..., 110-114.99

23 Jan 97   SPSS for Macintosh Release 6.1

ARM_1   Average Arm Size Distribution for FEMALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent	
15-15.99	15.00	1	.1	.1	.1	Note: Data above this line is not shown on graph
19-19.99	19.00	8	.9	.9	1.0	
20-20.99	20.00	47	5.1	5.1	6.1	
21-21.99	21.00	117	12.8	12.8	18.9	
22-22.99	22.00	237	25.9	25.9	44.8	
23-23.99	23.00	265	28.9	28.9	73.7	
24-24.99	24.00	188	20.5	20.5	94.2	
25-25.99	25.00	46	5.0	5.0	99.2	
26-26.99	26.00	6	.7	.7	99.9	
34-35.99	34.00	1	.1	.1	100.0	Note: Data below this line is not shown on graph
	Total	916	100.0	100.0		

Statistics for ANARMAVG:

Mean	23.077	Median	23.170	Mode	22.500
Std dev	1.372	Variance	1.882	Range	19.440
Minimum	15.130	Maximum	34.570		

Valid cases   916   Missing cases   0

Note: ANARMAVG is an average of three arm measurements

FJ '88 ARM SIZE DISTRIBUTION - FEMALE

Std. Dev = 1.37

Mean = 23

N = 916.00

Number of Recruits

300

200

100

0

19   20   21   22   23   24   25   26

Average Arm Size (cm)

FJ Anthro File: FJ AnArm - Female   1/29/97

Arm Size Categories: 19-19.99, 20-20.99, 21-21.99, ..., 26-26.99

Wrist_1   Average Wrist Size Distribution for FEMALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
12.5-12.99	12.50	3	.3	.3	.3
13.0-13.49	13.00	16	1.7	1.7	2.1
13.5-13.99	13.50	65	7.1	7.1	9.2
14.0-14.49	14.00	203	22.2	22.2	31.3
14.5-14.99	14.50	248	27.1	27.1	58.4
15.0-15.49	15.00	228	24.9	24.9	83.3
15.5-15.99	15.50	103	11.2	11.2	94.5
16.0-16.49	16.00	38	4.1	4.1	98.7
16.5-16.99	16.50	9	1.0	1.0	99.7
17.0-17.49	17.00	2	.2	.2	99.9
22.5-22.99	22.50	1	.1	.1	100.0
	Total	916	100.0	100.0	

Statistics for ANWRAVG:

Mean	14.843	Median	14.800	Mode	15.000
Std dev	.730	Variance	.533	Range	10.170
Minimum	12.600	Maximum	22.770		

Valid cases   916   Missing cases   0

Note: ANWRAVG is an average of three wrist measurements

Note: Data below this
line is not shown on graph

FJ '88 WRIST SIZE DISTRIBUTION - FEMALE

Std. Dev = .73

Mean = 15

N = 883.00

Number of Recruits (y-axis): 0, 100, 200, 300

Wrist Size (cm) (x-axis): 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22

FJ Charts:FJ Wrist - Female

Wrist Size Categories: 12-12.49, 12.5-12.99, 13-13.49, ..., 22.5-22.99

23 Jan 97   SPSS for Macintosh Release 6.1

Hip_1   Average Hip Size Distribution for FEMALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
62-63.99	62.00	1	.1	.1	.1
74-75.99	74.00	1	.1	.1	.2
78-79.99	78.00	1	.1	.1	.3
80-81.99	80.00	5	.5	.5	.9
82-83.99	82.00	25	2.7	2.7	3.6
84-85.99	84.00	37	4.0	4.0	7.7
86-87.99	86.00	71	7.8	7.8	15.4
88-89.99	88.00	77	8.4	8.4	23.9
90-91.99	90.00	88	9.6	9.6	33.5
92-93.99	92.00	131	14.3	14.3	47.8
94-95.99	94.00	132	14.4	14.4	62.3
96-97.99	96.00	144	15.7	15.8	78.0
98-99.99	98.00	102	11.1	11.2	89.2
100-101.99	100.00	55	6.0	6.0	95.2
102-103.99	102.00	25	2.7	2.7	97.9
104-105.99	104.00	13	1.4	1.4	99.3
106-107.99	106.00	4	.4	.4	99.8
108-109.99	108.00	1	.1	.1	99.9
110-111.99	110.00	1	.1	.1	100.0
Missing	.	2	.2	Missing	
	Total	916	100.0	100.0	

Statistics for ANHIPAVG:

Mean	93.819	Median	94.230	Mode	93.330
Std dev	5.318	Variance	28.286	Range	47.330
Minimum	62.670	Maximum	110.000		

Valid cases   914   Missing cases   2

Note: ANHIPAVG is an average of three hip measurements

FJ '88 HIP SIZE DISTRIBUTION – FEMALE

Std. Dev = 5.32

Mean = 94

N = 914.00

Number of Recruits

160
140
120
100
80
60
40
20
0

Hip Size (cm)

81 83 85 87 89 91 93 95 97 99 101 103 105 107 109
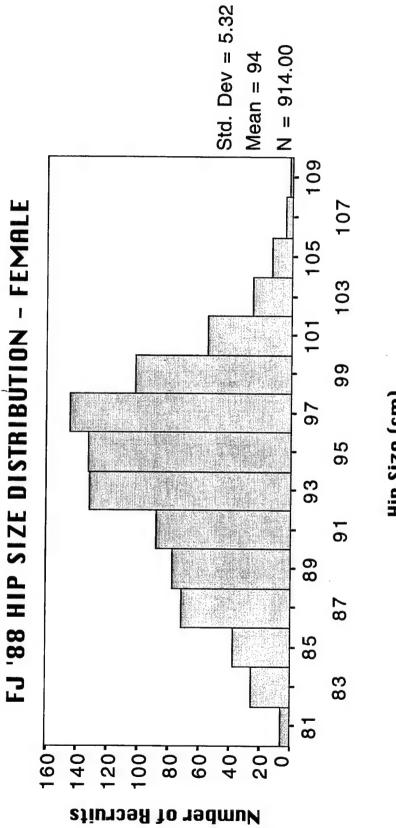
FJ Charts:FJ Hip – Female   1/29/97

Hip Size Categories: 80-81.99, 82-83.99, 84-85.99, ..., 108-109.99

23 Jan 97 SPSS for Macintosh Release 6.1
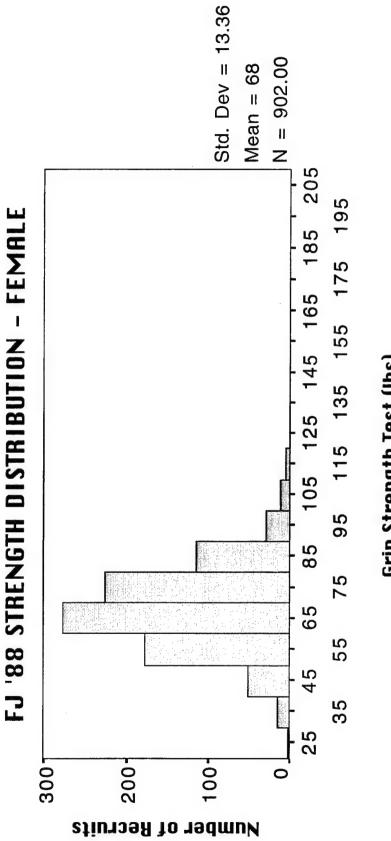
Strength_1   Grip Test Strength for FEMALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
20-29.99	20.00	1	.1	.1	.1
30-39.99	30.00	14	1.5	1.6	1.7
40-49.99	40.00	51	5.6	5.7	7.3
50-59.99	50.00	177	19.3	19.6	26.9
60-69.99	60.00	276	30.1	30.6	57.5
70-79.99	70.00	225	24.6	24.9	82.5
80-89.99	80.00	115	12.6	12.7	95.2
90-99.99	90.00	28	3.1	3.1	98.3
100-109.99	100.00	11	1.2	1.2	99.6
110-119.99	110.00	4	.4	.4	100.0
Missing	.	14	1.5	Missing	
	Total	916	100.0	100.0	

Statistics for ANSTRAVG:

Mean	67.972	Median	67.330	Mode	67.000
Std dev	13.362	Variance	178.534	Range	88.660
Minimum	27.670	Maximum	116.330		

Valid cases	902	Missing cases	14

Note: ANSTRAVG is an average of three strength measurements.

FJ '88 STRENGTH DISTRIBUTION – FEMALE

Number of Recruits

Std. Dev = 13.36

Mean = 68

N = 902.00

Grip Strength Test (lbs)

25 35 45 55 65 75 85 95 105 115 125 135 145 155 165 175 185 195 205

300 200 100 0

FJ Charts:FJ Strength – Female   1/27/97

Strength Categories: 20-29.99, 30-39.99, 40-49.99, ..., 200-209.99

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FLXAVG_1   Flexibility of FEMALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
8-9.99	8.00	3	.3	.3	.3
10-11.99	10.00	1	.1	.1	.4
12-13.99	12.00	3	.3	.3	.8
14-15.99	14.00	1	.1	.1	.9
16-17.99	16.00	4	.4	.4	1.3
18-19.99	18.00	6	.7	.7	2.0
20-21.99	20.00	10	1.1	1.1	3.1
22-23.99	22.00	26	2.8	2.8	5.9
24-25.99	24.00	35	3.8	3.8	9.7
26-27.99	26.00	42	4.6	4.6	14.3
28-29.99	28.00	66	7.2	7.2	21.6
30-31.99	30.00	97	10.6	10.6	32.2
32-33.99	32.00	122	13.3	13.3	45.5
34-35.99	34.00	129	14.1	14.1	59.6
36-37.99	36.00	124	13.5	13.6	73.2
38-39.99	38.00	102	11.1	11.2	84.4
40-41.99	40.00	69	7.5	7.5	91.9
42-43.99	42.00	39	4.3	4.3	96.2
44-45.99	44.00	21	2.3	2.3	98.5
46-47.99	46.00	11	1.2	1.2	99.7
48-49.99	48.00	2	.2	.2	99.9
54-55.99	54.00	1	.1	.1	100.0
Missing	.	2	.2	Missing	
	Total	916	100.0	100.0	

Statistics for ANFLXAVG:

Mean	34.152	Median	34.635	Mode	35.170
Std dev	6.109	Variance	37.317	Range	45.530
Minimum	9.000	Maximum	54.530		

* Multiple modes exist. The smallest value is shown.

Valid cases   914   Missing cases   2

Note: ANFLXAVG is an average of three flexibility measurements

Note: Data below this
line is not shown on graph

FJ '88 FLEXIBILITY DISTRIBUTION – FEMALE

Number of Recruits (vertical axis): 0, 20, 40, 60, 80, 100, 120, 140, 160

Flexibility (cm) (horizontal axis): 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39, 41, 43, 45, 47, 49

Std. Dev = 6.11

Mean = 34

N = 914.00

FJ Charts:FJ Flex – Female   1/27/97

Flexibility Categories: 4–5.99, 6–7.99, 8–9.99, ..., 48–49.99
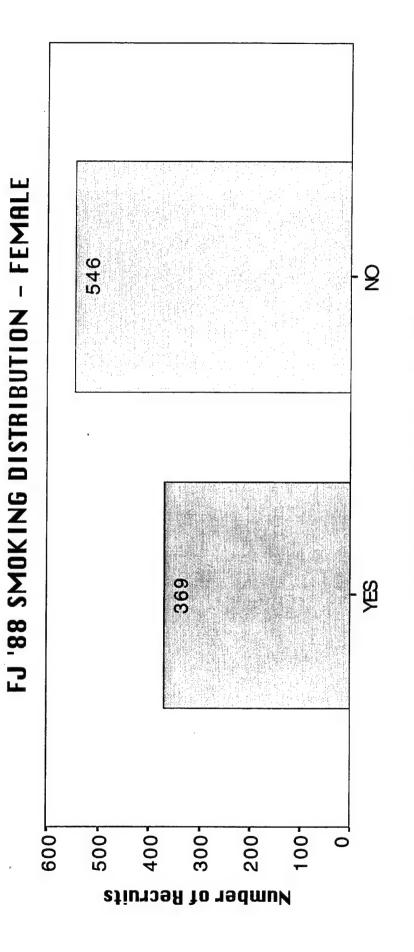
23 Jan 97 SPSS for Macintosh Release 6.1

MH_SMK   Recruit Smoked Within Past Year (FEMALE)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	369	40.3	40.3	40.3
NO	2	546	59.6	59.7	100.0
UNKNOWN	0	1	.1	Missing	
	Total	916	100.0	100.0	

Valid cases   915   Missing cases   1

Actual Question Asked: Have you smoked one or more cigarettes in the past year?

FJ '88 SMOKING DISTRIBUTION – FEMALE

Number of Recruits

600 500 400 300 200 100 0

546

369

YES   NO

Recruit Smoked Within Past Year

FJ Charts: FJ Smoke – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

YRSMK   Number of years smoked(FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
0-.9	0	1	.1	.3	.3
1-1.9	1	93	10.2	25.9	26.2
2-2.9	2	45	4.9	12.5	38.7
3-3.9	3	35	3.8	9.7	48.5
4-4.9	4	30	3.3	8.4	56.8
5-5.9	5	34	3.7	9.5	66.3
6-6.9	6	29	3.2	8.1	74.4
7-7.9	7	28	3.1	7.8	82.2
8-8.9	8	11	1.2	3.1	85.2
9-9.9	9	5	.5	1.4	86.6
10-10.9	10	23	2.5	6.4	93.0
11-11.9	11	4	.4	1.1	94.2
12-12.9	12	5	.5	1.4	95.5
13-13.9	13	3	.3	.8	96.4
14-14.9	14	1	.1	.3	96.7
15-15.9	15	5	.5	1.4	98.1
17-17.9	17	4	.4	1.1	99.2
20-20.9	20	1	.1	.3	99.4
25-25.9	25	2	.2	.6	100.0
Missing	.	557	60.8	Missing	
	Total	916	100.0	100.0	

Statistics for MH_YRSMK:

Mean	4.696	Median	4.000	Mode	1.000
Std dev	3.985	Variance	15.884	Range	24.500
Minimum	.500	Maximum	25.000		

Valid cases   359   Missing cases   557

Note: Actual Question Asked: How many years have you smoked one or more cigarettes?

FJ '88 YEARS SMOKED DISTRIBUTION – FEMALE

Std. Dev = 3.99

Mean = 5

N = 359.00

Number of Recruits (y-axis)

Number of Years Smoked (x-axis)

FJ Charts:FJ YrsSmoke – Female   1/27/97
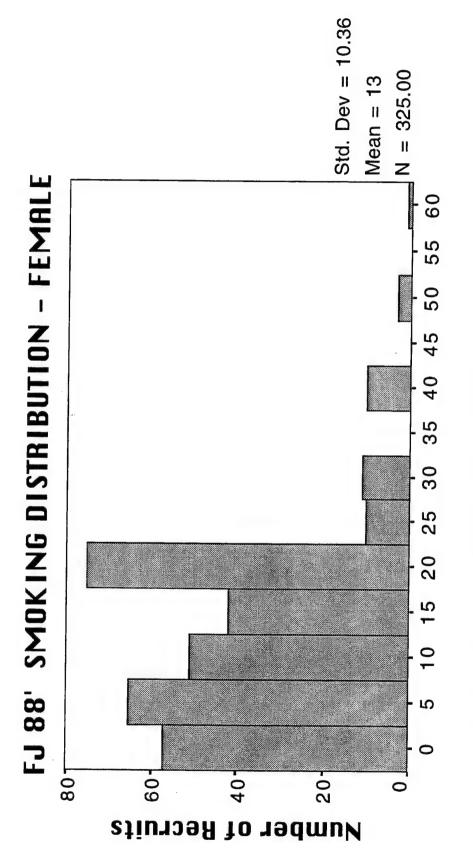
YrsSmoke Categories: 0-0.99, 1-1.99, 2-2.99, ..., 25-25.99

05 Feb 97 SPSS for Macintosh Release 6.1

CIG_DAY Number of Cigarettes Smoked per day (FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
Didn't Smoke	1	389	42.5	54.5	54.5
< 10 cig/day	2	127	13.9	17.8	72.3
10-19 cig/day	3	89	9.7	12.5	84.7
20-29 cig/day	4	84	9.2	11.8	96.5
30 or More cig/day	5	25	2.7	3.5	100.0
Missing	.	202	22.1	Missing	
		-----	-----	-----	
	Total	916	100.0	100.0	

Valid cases   714   Missing cases   202

Actual Question Asked: In the one month before coming in the Army, on the average,
                        how many cigarettes did you smoke each day?

FJ 88' SMOKING DISTRIBUTION – FEMALE

Number of Cigarettes Smoked per day

Number of Recruits

Std. Dev = 10.36

Mean = 13

N = 325.00
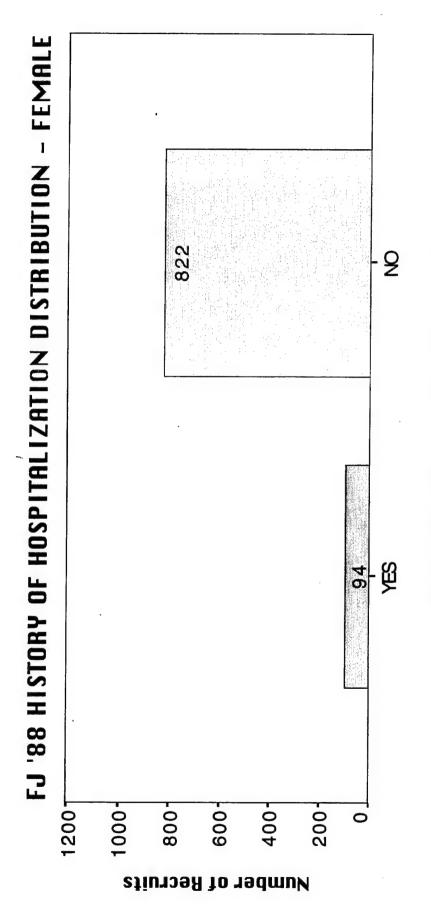
FJ Charts: FJ MH_CIG_D-Female   2/5/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_HOSP   Recruit had history of hospitalization (FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	94	10.3	10.3	10.3
NO	2	822	89.7	89.7	100.0
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

Actual Question Asked: Have you ever had an injury that caused you to be hospitalized overnight?

FJ '88 HISTORY OF HOSPITALIZATION DISTRIBUTION – FEMALE

Number of Recruits

YES — 94

NO — 822
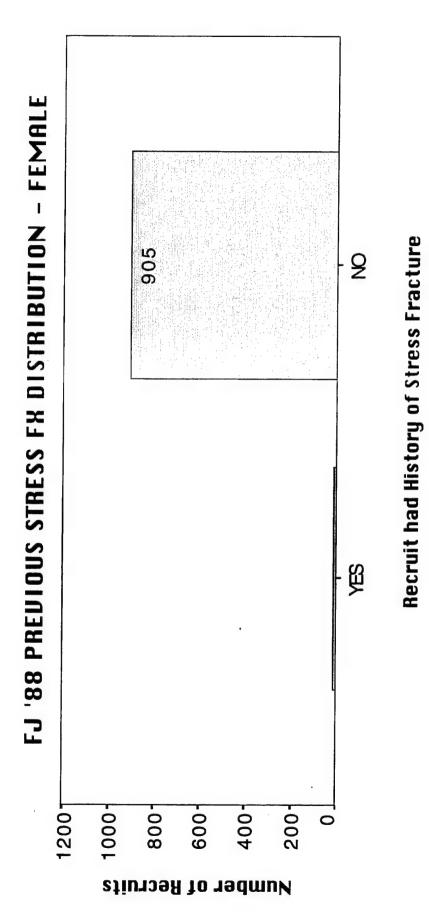
Recruit Had History of Hospitalization

FJ Charts: FJ Hosp – Female   1/27/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_SFX   Recruit had history of Stress FX(FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	11	1.2	1.2	1.2
NO	2	905	98.8	98.8	100.0
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

FJ '88 PREVIOUS STRESS FX DISTRIBUTION – FEMALE

Number of Recruits

1200
1000
800
600
400
200
0

905

YES

NO

Recruit had History of Stress Fracture

FJ Charts: FJ StrFx – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_SURG   Recruit had history of Surgery (FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	128	14.0	14.0	14.0
NO	2	788	86.0	86.0	100.0
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

Actual Question Asked: Have you ever had an injury that required surgery to repair the damage?

FJ '88 HISTORY OF SURGERY DISTRIBUTION – FEMALE

Recruit Had History of Surgery
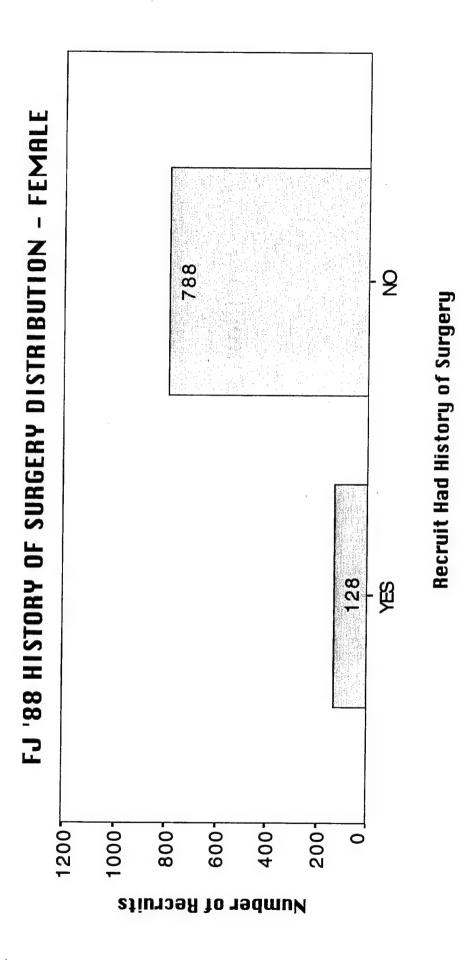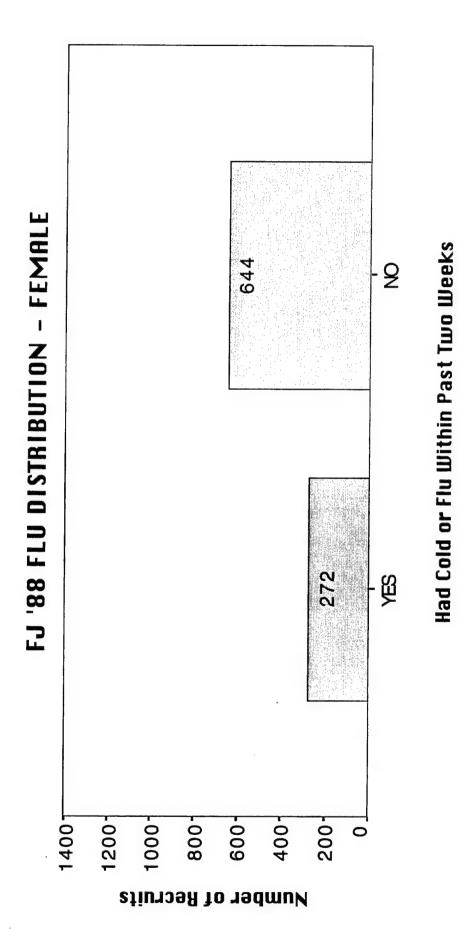
FJ Charts: FJ Surgery – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_FLU   Recruit had cold or flu within past two weeks (FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	272	29.7	29.7	29.7
NO	2	644	70.3	70.3	100.0
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

Actual Question Asked: Have you had a cold or flu in the past two weeks?

FJ '88 FLU DISTRIBUTION – FEMALE

Number of Recruits

	YES	NO
	272	644

Had Cold or Flu Within Past Two Weeks
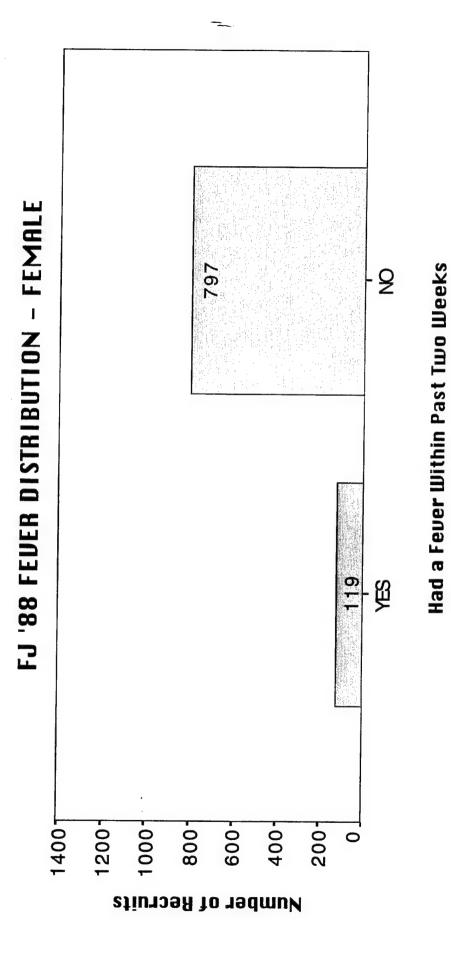
FJ Charts:FJ Flu – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_FEV   Recruit had a fever within past two weeks (FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	119	13.0	13.0	13.0
NO	2	797	87.0	87.0	100.0
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

FJ '88 FEVER DISTRIBUTION – FEMALE

Number of Recruits

1400 — 1200 — 1000 — 800 — 600 — 400 — 200 — 0

797

119

YES   NO

Had a Fever Within Past Two Weeks

FJ Charts: FJ Fever – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_NVD Recruit had Nausea/Vomiting/Diarrhea within past two weeks(FEMALES)

Value Label		Value	Frequency	Percent	Valid Percent	Cum Percent
YES		1	164	17.9	17.9	17.9
NO		2	752	82.1	82.1	100.0
			------	------	------	
	Total		916	100.0	100.0	

Valid cases 916   Missing cases   0

Actual Question Asked: Have you had nausea with vomiting and/or diarrhea
                        in the past two weeks (not associated with drinking)?

FJ '88 NUD DISTRIBUTION – FEMALE

Number of Recruits

752

164

YES

NO

Had Nausea/Vomiting/Diarrhea Within Past Two Weeks
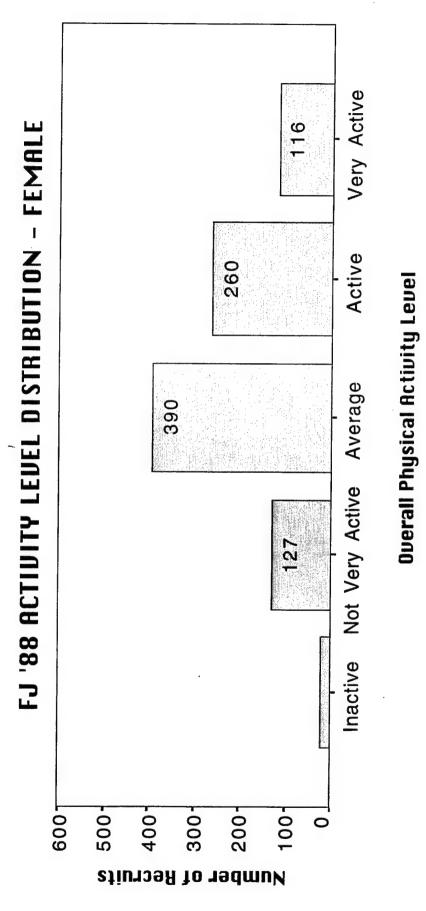
FJ Charts: FJ NUD – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

GACLVCD   Overall Physical Activity Level (FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
Inactive	1	20	2.2	2.2	2.2
Not Very Active	2	127	13.9	13.9	16.1
Average	3	390	42.6	42.7	58.8
Active	4	260	28.4	28.5	87.3
Very Active	5	116	12.7	12.7	100.0
Unknown	0	3	.3	Missing	
	Total	916	100.0	100.0	

Valid cases   913   Missing cases   3

Actual Question Asked: In regard to overall physical activity, how would you describe your
                        life before coming into the Army?

FJ '88 ACTIVITY LEVEL DISTRIBUTION – FEMALE

Number of Recruits

- 600
- 500
- 400
- 300
- 200
- 100
- 0

Inactive	Not Very Active	Average	Active	Very Active
	127	390	260	116

Overall Physical Activity Level

FJ Charts: FJ Act Lvl – Female   1/24/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

G_FLCODE Fitness Level Distribution(FEMALES)
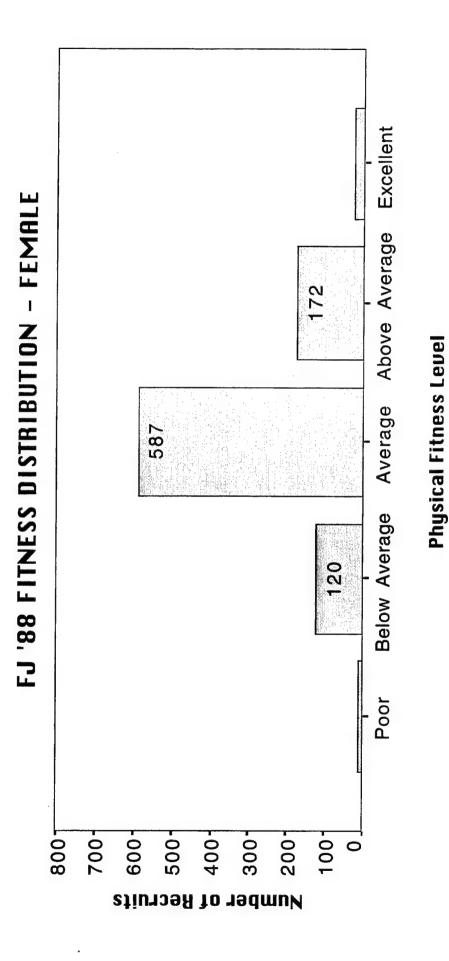
Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
Poor	1	12	1.3	1.3	1.3
Below Average	2	120	13.1	13.1	14.4
Average	3	587	64.1	64.2	78.7
Above Average	4	172	18.8	18.8	97.5
Excellent	5	23	2.5	2.5	100.0
Unknown	0	2	.2	Missing	
	Total	916	100.0	100.0	

Valid cases   914   Missing cases   2

Actual Question Asked: How would you describe your current physical fitness compared to others of your age and sex?

FJ '88 FITNESS DISTRIBUTION – FEMALE

Number of Recruits

800
700
600
500
400
300
200
100
0

Poor   Below Average   Average   Above Average   Excellent

120   587   172

Physical Fitness Level

FJ Charts: FJ Fitness – Female   1/27/97
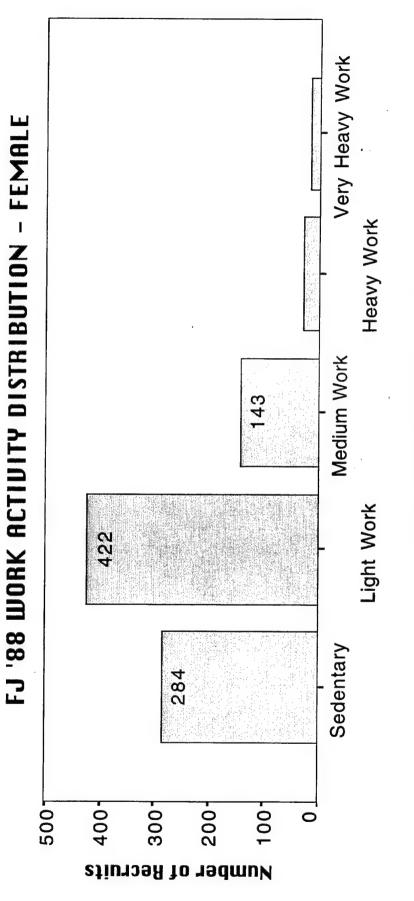
27 Jan 96 SPSS 6.1 for the Power Macintosh

GWRKALCD Occupational Activity Level Distribution(FEMALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
Sedentary	1	284	31.0	31.7	31.7
Light Work	2	422	46.1	47.2	78.9
Medium Work	3	143	15.6	16.0	94.9
Heavy Work	4	30	3.3	3.4	98.2
Very Heavy Work	5	16	1.7	1.8	100.0
Unknown	0	21	2.3	Missing	
		------	------	------	
	Total	916	100.0	100.0	

Valid cases   895   Missing cases   21

Actual Question Asked: During the last year would you describe the amount of physical activity required by your normal occupation.

FJ '88 WORK ACTIVITY DISTRIBUTION – FEMALE

Number of Recruits

500 — 400 — 300 — 200 — 100 — 0

- Sedentary: **284**
- Light Work: **422**
- Medium Work: **143**
- Heavy Work
- Very Heavy Work

Occupational Activity Level

FJ Charts: FJ Work Act Lvl – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

MH_EX_CD Exercise Distribution for Female Recruits
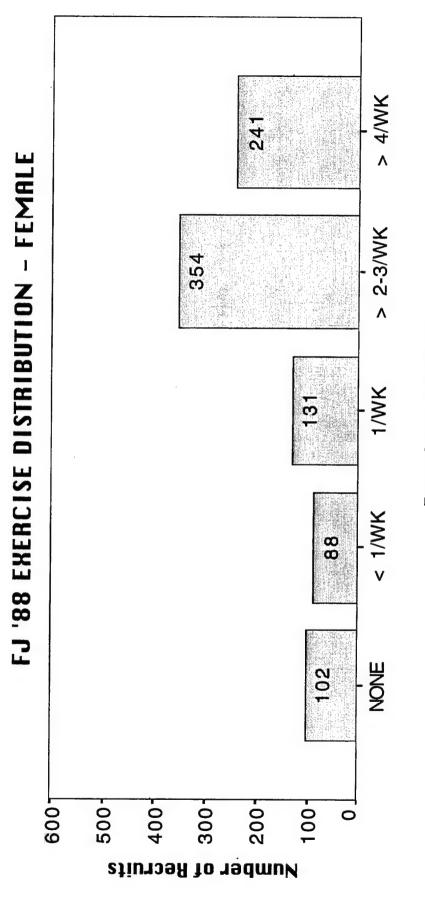
Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
NONE	1	102	11.1	11.1	11.1
< 1/WK	2	88	9.6	9.6	20.7
1/WK	3	131	14.3	14.3	35.0
2-3/WK	4	354	38.6	38.6	73.7
> 4/WK	5	241	26.3	26.3	100.0
		-------	------	------	
	Total	916	100.0	100.0	

Valid cases   916   Missing cases   0

Actual Question Asked: Over the last one month, how often did you exercise or play sports
                        for 15 minutes or more?

FJ '88 EXERCISE DISTRIBUTION – FEMALE

Number of Recruits

Exercise Frequency	Number of Recruits
NONE	102
< 1/WK	88
1/WK	131
> 2-3/WK	354
> 4/WK	241
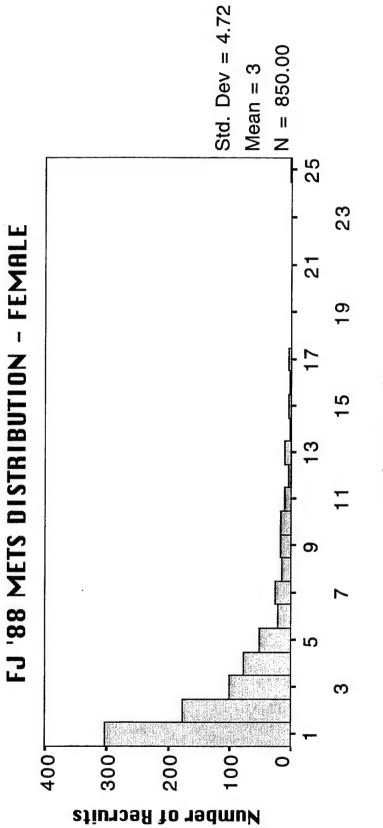
Exercise Frequency

FJ Charts: FJ Exercise – Female   1/24/97

27 Jan 97 SPSS for Macintosh Release 6.1

METS1   Mets Calculation for FEMALES:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
0-0.999	.00	303	33.1	35.6	35.6
1-1.999	1.00	177	19.3	20.8	56.5
2-2.999	2.00	101	11.0	11.9	68.4
3-3.999	3.00	76	8.3	8.9	77.3
4-4.999	4.00	51	5.6	6.0	83.3
5-5.999	5.00	21	2.3	2.5	85.8
6-6.999	6.00	26	2.8	3.1	88.8
7-7.999	7.00	14	1.5	1.6	90.5
8-8.999	8.00	17	1.9	2.0	92.5
9-9.999	9.00	16	1.7	1.9	94.4
10-10.999	10.00	10	1.1	1.2	95.5
11-11.999	11.00	4	.4	.5	96.0
12-12.999	12.00	11	1.2	1.3	97.3
13-13.999	13.00	3	.3	.4	97.6
14-14.999	14.00	4	.4	.5	98.1
15-15.999	15.00	2	.2	.2	98.4
16-16.999	16.00	4	.4	.5	98.8
18-18.999	18.00	1	.1	.1	98.9
19-19.999	19.00	1	.1	.1	99.1
20-20.999	20.00	1	.1	.1	99.2
23-23.999	23.00	1	.1	.1	99.3
24-24.999	24.00	2	.2	.2	99.5
25-25.999	25.00	1	.1	.1	99.6
29-29.999	29.00	1	.1	.1	99.8
39-39.999	39.00	1	.1	.1	99.9
80-80.999	80.00	1	.1	.1	100.0
Missing	.	66	7.2	Missing	
	Total	916	100.0	100.0	

Note: Data below this line is not shown on graph

Valid cases   850   Missing cases   66

Statistics for MET_METS(x.001):

Mean	3.069	Median	1.623	Mode	.145
Std dev	4.717	Variance	22.250	Range	80.242
Minimum	.010	Maximum	80.252		

Valid cases   850   Missing cases   66

FJ '88 METS DISTRIBUTION - FEMALE

Std. Dev = 4.72
Mean = 3
N = 850.00

METS (in 1000s)

Number of Recruits

FJ Charts:FJ METS - Female   1/27/97

Mets Categories: 0-0.999, 1-1.999, 2-2.999, .., 24-24.999
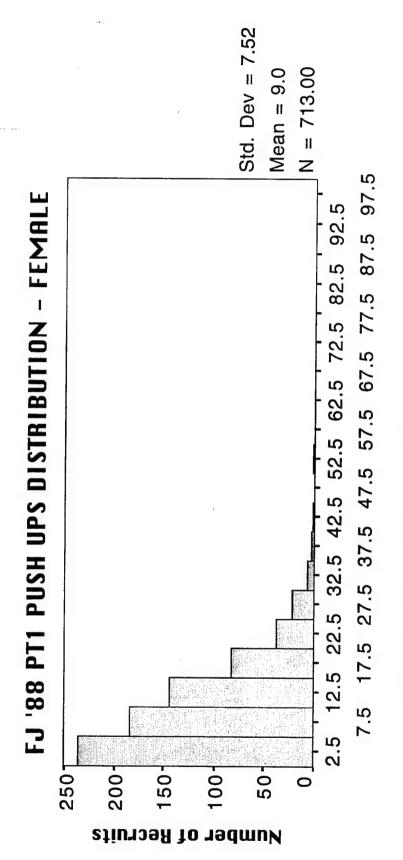
27 Jan 97 SPSS for Macintosh Release 6.1

PU1   Number of Push-Ups completed by FEMALE recruits on 1st PT Test

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
0-4	.00	235	25.7	33.0	33.0
5-9	5.00	184	20.1	25.8	58.8
10-14	10.00	143	15.6	20.1	78.8
15-19	15.00	82	9.0	11.5	90.3
20-24	20.00	37	4.0	5.2	95.5
25-29	25.00	21	2.3	2.9	98.5
30-34	30.00	6	.7	.8	99.3
35-39	35.00	3	.3	.4	99.7
40-44	40.00	1	.1	.1	99.9
50-54	50.00	1	.1	.1	100.0
Missing	.	203	22.2	Missing	
	Total	916	100.0	100.0	

Statistics for OC_PU1:

Mean	9.036	Median	7.000	Mode	.000
Std dev	7.517	Variance	56.507	Range	52.000
Minimum	.000	Maximum	52.000		

Valid cases   713   Missing cases   203

FJ '88 PT1 PUSH UPS DISTRIBUTION – FEMALE

Std. Dev = 7.52

Mean = 9.0

N = 713.00

Number of Recruits

250
200
150
100
50
0

2.5 12.5 22.5 32.5 42.5 52.5 62.5 72.5 82.5 92.5
   7.5 17.5 27.5 37.5 47.5 57.5 67.5 77.5 87.5 97.5

Number of Push Ups Completed on 1st PT Test
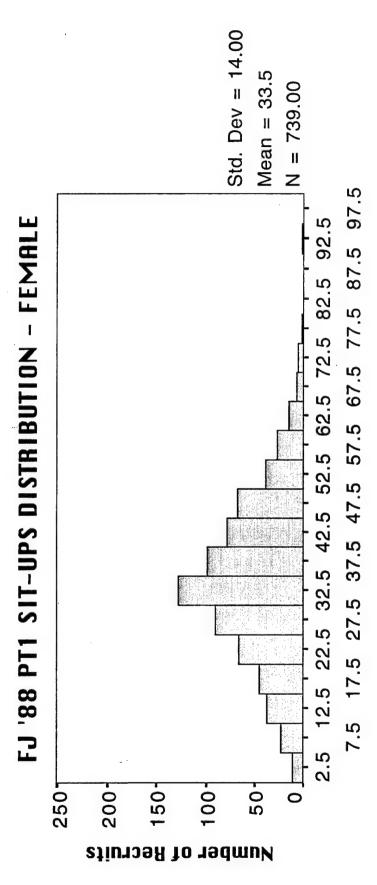
FJ Charts:FJ PU1 – Female   1/28/97

Push–Up Categories: 0–4, 5–9, 10–14, ..., 95–99

27 Jan 97 SPSS for Macintosh Release 6.1

SU1   Number of Sit-Ups completed by FEMALE recruits on 1st PT Test

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
0-4	.00	11	1.2	1.5	1.5
5-9	5.00	22	2.4	3.0	4.5
10-14	10.00	37	4.0	5.0	9.5
15-19	15.00	45	4.9	6.1	15.6
20-24	20.00	67	7.3	9.1	24.6
25-29	25.00	91	9.9	12.3	36.9
30-34	30.00	128	14.0	17.3	54.3
35-39	35.00	99	10.8	13.4	67.7
40-44	40.00	78	8.5	10.6	78.2
45-49	45.00	68	7.4	9.2	87.4
50-54	50.00	39	4.3	5.3	92.7
55-59	55.00	27	2.9	3.7	96.3
60-64	60.00	14	1.5	1.9	98.2
65-69	65.00	6	.7	.8	99.1
70-74	70.00	5	.5	.7	99.7
75-79	75.00	1	.1	.1	99.9
90-94	90.00	1	.1	.1	100.0
Missing	.	177	19.3	Missing	
	Total	916	100.0	100.0	

Valid cases   739   Missing cases   177

Statistics for OC_SU1:

Mean	33.509	Median	33.000	Mode	31.000
Std dev	14.001	Variance	196.014	Range	91.000
Minimum	.000	Maximum	91.000		

Valid cases   739   Missing cases   177

FJ '88 PT1 SIT-UPS DISTRIBUTION – FEMALE

Std. Dev = 14.00

Mean = 33.5

N = 739.00

Number of Sit Ups for 1st PT Test

FJ Charts:FJ SU1 – Female   1/27/97

Sit-Up Categories: 0–4, 5–9, 10–14, 15–19, ..., 94–99

X-axis (Number of Sit Ups): 2.5 7.5 12.5 17.5 22.5 27.5 32.5 37.5 42.5 47.5 52.5 57.5 62.5 67.5 72.5 77.5 82.5 87.5 92.5 97.5

Y-axis (Number of Recruits): 0 50 100 150 200 250

27 Jan 97 SPSS for Macintosh Release 6.1

OC_PT1_M   Number of Miles Run by FEMALE recruits on 1st PT Test

Value Label		Value	Frequency	Percent	Valid Percent	Cum Percent
1 MILE		1	459	50.1	50.9	50.9
2 MILES		2	442	48.3	49.1	100.0
UNKNOWN		0	15	1.6	Missing	
	Total		916	100.0	100.0	

Mean	1.491	Median	1.000	Mode	1.000
Std dev	.500	Variance	.250	Range	1.000
Minimum	1.000	Maximum	2.000		

Valid cases   901   Missing cases   15

FJ '88 PT1 MILES DISTRIBUTION – FEMALE

459

442

1 Mile

2 Miles

Number of Miles Run on 1st PT Test

Number of Recruits

700
600
500
400
300
200
100
0

FJ Charts:FJ PT1 Miles – Female   1/29/97

27 Jan 97 SPSS for Macintosh Release 6.1

PT1_RN_2   1 Mile Run Time Distribution for FEMALE recriuts

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
6.5-6.99	6.50	1	.2	.3	.3
7.0-7.49	7.00	6	1.3	1.6	1.8
7.5-7.99	7.50	8	1.7	2.1	3.9
8.0-8.49	8.00	26	5.7	6.8	10.7
8.5-8.99	8.50	28	6.1	7.3	18.0
9.0-9.49	9.00	36	7.8	9.4	27.4
9.5-9.99	9.50	54	11.8	14.1	41.5
10.0-10.49	10.00	49	10.7	12.8	54.3
10.5-10.99	10.50	36	7.8	9.4	63.7
11.0-11.49	11.00	25	5.4	6.5	70.2
11.5-11.99	11.50	28	6.1	7.3	77.5
12.0-12.49	12.00	20	4.4	5.2	82.8
12.5-12.99	12.50	22	4.8	5.7	88.5
13.0-13.49	13.00	16	3.5	4.2	92.7
13.5-13.99	13.50	2	.4	.5	93.2
14.0-14.49	14.00	9	2.0	2.3	95.6
14.5-14.99	14.50	6	1.3	1.6	97.1
15.0-15.49	15.00	7	1.5	1.8	99.0
15.5-15.99	15.50	1	.2	.3	99.2
16.0-16.49	16.00	1	.2	.3	99.5
19.0-19.49	19.00	1	.2	.3	99.7
21.0-21.49	21.00	1	.2	.3	100.0
Missing	.	76	16.6	Missing	
Total		459	100.0	100.0	

Note: Data below this line is not shown on graph

Statistics for OC_RNTM1:

Mean	10.669	Median	10.320	Mode	9.000
Std dev	1.949	Variance	3.797	Range	14.300
Minimum	6.700	Maximum	21.000		

* Multiple modes exist. The smallest value is shown.

Valid cases	383	Missing cases	76

FJ '88 PT1 1 MILE RUN TIME DISTRIBUTION – FEMALE

Number of Recruits

Std. Dev = 1.95

Mean = 11

N = 383.00

Run Time for 1 Mile Run for PT Test 1 (min)

FJ Charts:FJ RunTime1 – Female (1 mile)   1/29/97

Run Time Categories: 5-5.49, 5.5-5.99, 6-6.49, ..., 16.5-16.99

PT1_RNTM   2 Mile Run Time Distribution for FEMALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
13-13.99	13.00	1	.2	.3	.3
14-14.99	14.00	2	.5	.6	.9
15-15.99	15.00	4	.9	1.2	2.0
16-16.99	16.00	18	4.1	5.2	7.2
17-17.99	17.00	24	5.4	6.9	14.2
18-18.99	18.00	47	10.6	13.6	27.7
19-19.99	19.00	62	14.0	17.9	45.7
20-20.99	20.00	61	13.8	17.6	63.3
21-21.99	21.00	58	13.1	16.8	80.1
22-22.99	22.00	27	6.1	7.8	87.9
23-23.99	23.00	21	4.8	6.1	93.9
24-24.99	24.00	11	2.5	3.2	97.1
25-25.99	25.00	2	.5	.6	97.7
26-26.99	26.00	5	1.1	1.4	99.1
27-27.99	27.00	1	.2	.3	99.4
28-28.99	28.00	1	.2	.3	99.7
29-29.99	29.00	1	.2	.3	100.0
Missing	.	96	21.7	Missing	
	Total	442	100.0	100.0	

Valid cases   346   Missing cases   96

Statistics for OC_RNTM1:

Mean	20.297	Median	20.290	Mode	19.750
Std dev	2.348	Variance	5.513	Range	15.900
Minimum	13.930	Maximum	29.830		

* Multiple modes exist. The smallest value is shown.

Valid cases   346   Missing cases   96

FJ '88 PT1 2 MILE RUN TIME DISTRIBUTION – FEMALE

Std. Dev = 2.35
Mean = 20
N = 346.00

Number of Recruits (y-axis: 0, 20, 40, 60, 80, 100)

x-axis: 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

Run Time for 2 Mile Run for PT Test 1 (min)

FJ Charts:FJ RunTime1 – Female (2mile)   1/29/97

Run Time Categories: 10–10.99, 11–11.99, 12–12.99, ..., 29–29.99

28 Jan 97 SPSS for Macintosh Release 6.1

PU4   Number of Push-Ups completed by FEMALE recruits on 4th PT Test

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
5-9	5.00	1	.1	.1	.1
10-14	10.00	46	5.0	6.7	6.8
15-19	15.00	98	10.7	14.2	21.0
20-24	20.00	125	13.6	18.1	39.2
25-29	25.00	143	15.6	20.8	59.9
30-34	30.00	135	14.7	19.6	79.5
35-39	35.00	61	6.7	8.9	88.4
40-44	40.00	38	4.1	5.5	93.9
45-49	45.00	24	2.6	3.5	97.4
50-54	50.00	7	.8	1.0	98.4
55-59	55.00	7	.8	1.0	99.4
60-64	60.00	2	.2	.3	99.7
70-74	70.00	1	.1	.1	99.9
75-79	75.00	1	.1	.1	100.0
Missing	.	227	24.8	Missing	
	Total	916	100.0	100.0	

Statistics for OC_PU4:

Mean	27.756	Median	27.000	Mode	27.000
Std dev	9.784	Variance	95.720	Range	72.000
Minimum	7.000	Maximum	79.000		

Valid cases   689   Missing cases   227

FJ '88 PT4 PUSH UPS DISTRIBUTION – FEMALE

Std. Dev = 9.78

Mean = 27.8

N = 689.00

Number of Recruits (vertical axis): 0, 50, 100, 150, 200, 250

Horizontal axis categories: 2.5, 7.5, 12.5, 17.5, 22.5, 27.5, 32.5, 37.5, 42.5, 47.5, 52.5, 57.5, 62.5, 67.5, 72.5, 77.5, 82.5, 87.5, 92.5, 97.5

Number of Push-Ups Completed for 4th PT Test

FJ Charts:FJ PU4 – Female   1/27/97

Push-Up Categories: 0-4, 5-9, 10-14, 15-19, 20-24, ..., 95-99

28 Jan 97 SPSS for Macintosh Release 6.1

SU4   Number of Sit-Ups completed by FEMALE recruits on 4th PT Test

| | | | | Valid | Cum |
Value Label	Value	Frequency	Percent	Percent	Percent
	10.00	1	.1	.1	.1
	25.00	2	.2	.3	.4
	35.00	5	.5	.7	1.2
	40.00	30	3.3	4.3	5.5
	45.00	42	4.6	6.1	11.6
	50.00	104	11.4	15.1	26.6
	55.00	117	12.8	16.9	43.6
	60.00	154	16.8	22.3	65.8
	65.00	96	10.5	13.9	79.7
	70.00	57	6.2	8.2	88.0
	75.00	30	3.3	4.3	92.3
	80.00	23	2.5	3.3	95.7
	85.00	12	1.3	1.7	97.4
	90.00	13	1.4	1.9	99.3
	95.00	5	.5	.7	100.0
Missing	.	225	24.6	Missing	
	Total	916	100.0	100.0	

Statistics for OC_SU4:

Mean	61.394	Median	61.000	Mode	60.000
Std dev	11.461	Variance	131.358	Range	88.000
Minimum	10.000	Maximum	98.000		

Valid cases   691   Missing cases   225

FJ '88 PT4 SIT-UPS DISTRIBUTION - FEMALE

Number of Recruits

Std. Dev = 11.46

Mean = 61.4

N = 691.00

2.5 12.5 22.5 32.5 42.5 52.5 62.5 72.5 82.5 92.5
   7.5 17.5 27.5 37.5 47.5 57.5 67.5 77.5 87.5 97.5

Number of Sit-Ups Completed for 4th PT Test

FJ Charts: FJ SU4 - Female   1/27/97

Sit-Up Categories: 0-4, 5-9, 10-14, ..., 95-99

28 Jan 97 SPSS for Macintosh Release 6.1
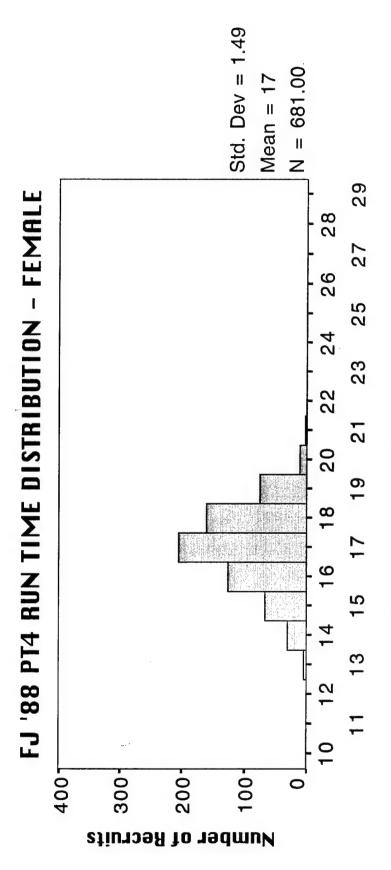
PT4_RNTM   Run Time for FEMALE recruits on 4th PT Test

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
13-13.99	13.00	5	.5	.7	.7
14-14.99	14.00	30	3.3	4.4	5.1
15-15.99	15.00	67	7.3	9.8	15.0
16-16.99	16.00	125	13.6	18.4	33.3
17-17.99	17.00	205	22.4	30.1	63.4
18-18.99	18.00	159	17.4	23.3	86.8
19-19.99	19.00	74	8.1	10.9	97.7
20-20.99	20.00	11	1.2	1.6	99.3
21-21.99	21.00	3	.3	.4	99.7
22-22.99	22.00	1	.1	.1	99.9
28-28.99	28.00	1	.1	.1	100.0
Missing	.	235	25.7	Missing	
	Total	916	100.0	100.0	

Statistics for OC_RNTM:

Mean	17.452	Median	17.500	Mode	17.000
Std dev	1.486	Variance	2.209	Range	15.500
Minimum	13.000	Maximum	28.500		

Valid cases   681   Missing cases   235

FJ '88 PT4 RUN TIME DISTRIBUTION – FEMALE

Number of Recruits

400

300

200

100

0

10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

Std. Dev = 1.49

Mean = 17

N = 681.00

Run Time for 4th PT Test (min)

FJ Charts:FJ RunTime4 – Female   1/6/97

Run Time Categories: 10–10.99, 11–11.99, 12–12.99, ..., 29–29.99

DELTAPU1   % Change from Push-Ups for PT Test 1 to Push-Ups for PT Test 4 for FEMALES

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
-50-(-.01)	-50.00	4	.4	.7	.7
0-49.99	.00	45	4.9	8.3	9.1
50-99.99	50.00	76	8.3	14.0	23.1
100-149.99	100.00	65	7.1	12.0	35.1
150-199.99	150.00	67	7.3	12.4	47.5
200-249.99	200.00	64	7.0	11.8	59.3
250-299.99	250.00	35	3.8	6.5	65.8
300-349.99	300.00	20	2.2	3.7	69.5
350-399.99	350.00	17	1.9	3.1	72.6
400-449.99	400.00	16	1.7	3.0	75.6
450-499.99	450.00	14	1.5	2.6	78.2
500-549.99	500.00	12	1.3	2.2	80.4
550-599.99	550.00	6	.7	1.1	81.5
600-649.99	600.00	12	1.3	2.2	83.7
650-699.99	650.00	13	1.4	2.4	86.1
700-749.99	700.00	6	.7	1.1	87.2
750-799.99	750.00	6	.7	1.1	88.4
800-849.99	800.00	6	.7	1.1	89.5
850-899.99	850.00	5	.5	.9	90.4
900-949.99	900.00	10	1.1	1.8	92.2
950-999.99	950.00	1	.1	.2	92.4
1000-1049.99	1000.00	3	.3	.6	93.0
1050-1099.99	1050.00	1	.1	.2	93.2
1100-1149.99	1100.00	3	.3	.6	93.7
1150-1199.99	1150.00	1	.1	.2	93.9
1200-1249.99	1200.00	4	.4	.7	94.6
1300-1349.99	1300.00	5	.5	.9	95.6
1350-1399.99	1350.00	1	.1	.2	95.7
1400-1449.99	1400.00	4	.4	.7	96.5
1450-1499.99	1450.00	1	.1	.2	96.7
1600-1649.99	1600.00	1	.1	.2	96.9
1700-1749.99	1700.00	1	.1	.2	97.0
1900-1949.99	1900.00	1	.1	.2	97.2
2000-2049.99	2000.00	2	.2	.4	97.6
2100-2149.99	2100.00	1	.1	.2	97.8
2400-2449.99	2400.00	2	.2	.4	98.2
2500-2549.99	2500.00	2	.2	.4	98.5
2600-2649.99	2600.00	3	.3	.6	99.1
2700-2749.99	2700.00	1	.1	.2	99.3
2900-2949.99	2900.00	1	.1	.2	99.4
3300-3349.99	3300.00	2	.2	.4	99.8
3400-3449.99	3400.00	1	.1	.2	100.0
Missing	.	375	40.9	Missing	
	Total	916	100.0	100.0	

Note: Data below this line is not shown on graph

Statistics for DELTAPU1:

Mean	372.894	Median	200.000	Mode	200.000
Std dev	495.627	Variance	245646.592	Range	3421.053
Minimum	-21.053	Maximum	3400.000		

Valid cases   541   Missing cases   375

FJ '88 % CHANGE FROM PU1 TO PU4 – FEMALE

Std. Dev = 495.63

Mean = 373

N = 541.00

Number of Recruits

600
500
400
300
200
100
0

-75 -25 25 75 125 175 225 275 325 375 425 475 525 575 625 675 725 775 825 875

% Change from Push-Ups for PT Test 1 to Push Ups for PT Test 4

FJ Charts:FJ del%PU - Female 1/27/97   [900%=10 fold increase]

del%PU categories: (-100)-(-50.1), (-50)-(-0.1), 0-49.9, ..., 850-899.9

28 Jan 97 SPSS for Macintosh Release 6.1

DELTASU1   % Change from Sit-Ups for PT Test 1 to Sit-Ups for PT Test 4 for FEMALES

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent	
-100-(-50.1)	-100.00	1	.1	.2	.2	
						Note: Data above this line is not shown on graph
-50-(-.01)	-50.00	3	.3	.5	.6	
0-49.99	.00	177	19.3	28.5	29.1	
50-99.99	50.00	206	22.5	33.2	62.3	
100-149.99	100.00	107	11.7	17.2	79.5	
150-199.99	150.00	44	4.8	7.1	86.6	
200-249.99	200.00	21	2.3	3.4	90.0	
250-299.99	250.00	11	1.2	1.8	91.8	
300-349.99	300.00	12	1.3	1.9	93.7	
350-399.99	350.00	8	.9	1.3	95.0	
400-449.99	400.00	7	.8	1.1	96.1	
450-499.99	450.00	2	.2	.3	96.5	
500-549.99	500.00	3	.3	.5	96.9	
550-599.99	550.00	1	.1	.2	97.1	
600-649.99	600.00	2	.2	.3	97.4	
650-699.99	650.00	1	.1	.2	97.6	
700-749.99	700.00	4	.4	.6	98.2	
750-799.99	750.00	2	.2	.3	98.6	
800-849.99	800.00	1	.1	.2	98.7	
850-899.99	850.00	1	.1	.2	98.9	
						Note: Data below this line is not shown on graph
900-949.99	900.00	2	.2	.3	99.2	
950-999.99	950.00	1	.1	.2	99.4	
1050-1099.99	1050.00	1	.1	.2	99.5	
1850-1899.99	1850.00	1	.1	.2	99.7	
2200-2249.99	2200.00	1	.1	.2	99.8	
2250-2299.99	2250.00	1	.1	.2	100.0	
Missing	.	295	32.2	Missing		
	Total	916	100.0	100.0		

Statistics for DELTASU:

Mean	127.317	Median	75.000	Mode	100.000
Std dev	196.891	Variance	38765.941	Range	2300.847
Minimum	-50.847	Maximum	2250.000		

Valid cases   622   Missing cases   294

FJ '88 % CHANGE FROM SU1 TO SU4 – FEMALE

Std. Dev = 196.89

Mean = 127

N = 622.00

(Y-axis: Number of Recruits — 0, 100, 200, 300, 400, 500, 600, 700, 800)

(X-axis: -25, 25, 75, 125, 175, 225, 275, 325, 375, 425, 475, 525, 575, 625, 675, 725, 775, 825, 875)

% Change From Sit-Ups for PT Test 1 to Sit-Ups for PT Test 4

FJ Charts:FJ del%SU - Female   1/27/97   [900%=10 fold increase]

del%SU categories: (-50)-(-0.1), 0-49.9, 50-99.9, ..., 850-899.9

28 Jan 97 SPSS for Macintosh Release 6.1

DEL_RUN   % Change from Run Time 1 to Run Time 4 for FEMALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
-40-(-35.1)	-40.00	2	.7	.7	.7
-35-(-30.1)	-35.00	5	1.7	1.7	2.4
-30-(-25.1)	-30.00	15	5.2	5.2	7.6
-25-(-20.1)	-25.00	53	18.2	18.2	25.8
-20-(-15.1)	-20.00	66	22.7	22.7	48.5
-15-(-10.1)	-15.00	69	23.7	23.7	72.2
-10-(-5.1)	-10.00	35	12.0	12.0	84.2
-5-(-0.1)	-5.00	18	6.2	6.2	90.4
0-4.9	.00	10	3.4	3.4	93.8
5-9.9	5.00	14	4.8	4.8	98.6
10-14.9	10.00	2	.7	.7	99.3
15-19.9	15.00	1	.3	.3	99.7
35-39.9	35.00	1	.3	.3	100.0
	Total	291	100.0	100.0	

Statistics for DELTARUN:

Mean	-13.496	Median	-14.780
Std dev	9.745	Variance	94.974
Minimum	-37.505	Maximum	39.501
		Mode	-37.505
		Range	77.005

* Multiple modes exist.   The smallest value is shown.

Valid cases   291   Missing cases   0

*Note: The percent change is calculated for 2 Mile runners only

Note: Data below this
line is not shown on graph

FJ '88 % CHANGE FROM RUN1 TO RUN4 - FEMALE

Number of Recruits

100 — 80 — 60 — 40 — 20 — 0

-47.5 -42.5 -37.5 -32.5 -27.5 -22.5 -17.5 -12.5 -7.5 -2.5 2.5 7.5 12.5 17.5

Std. Dev = 9.75

Mean = -13.5

N = 291.00

% Change from Run Time for PT Test 1 to Run Time for PT Test 4

FJ Charts:FJ del%Run - Female   1/29/97   [-100%=ran twice as fast]

del%PU categories: (-50)-(-45.1), (-45)-(-40.1), ..., 10-14.9, 15-19.9

FORT JACKSON 1988 DATABASE

APPENDIX F
TABLES AND HISTOGRAMS
PRESENTED FOR MALE RECRUITS

DEMOGRAPHICS, ANTHROPOMETRICS, RISK FACTORS,
AND FITNESS MEASURES

Fort Jackson 1988 Male Recruits
Table of Contents

Demographics:
- Age
- Unit
- Race
- Education Years
- Home State

Anthropometrics:
- Weight
- Height
- Body Mass Index
- Army % Body Fat
- Navy % Body Fat
- Neck Size
- Abdomen Size
- Grip Strength Test
- Flexibility

Risk Factors:
- Smoker (Y/N)
- Years Smoked
- Smoking Description
- Hospitalization History
- Stress Fracture History
- Surgery History
- Flu (during past two weeks)
- Fever (during past two weeks)
- Nausea/Vomiting/Diarrhea (during past two weeks)

Fitness Measures:
- Physical Activity Level
- Physical Fitness Level
- Occupational Activity Level
- Exercise Frequency
- METS
- PT Test 1 Push Ups
- PT Test 1 Sit Ups
- PT Test 1 Number of Miles Run
- PT Test 1 Run Time (1 mile)
- PT Test 1 Run Time (2 mile)
- PT Test 4 Push Ups
- PT Test 4 Sit Ups
- PT Test 4 Run Time (2 mile)
- % Change for Push Ups
- % Change for Sit Ups
- % Change for Run Time (2 mile runners only)

FJ '88 Subject Info By Unit - Male

	A134	A213	B134	B213	B315	BPRO	C134	C213	CPRO	PROT	TOTAL
1 (Subject)	95	199	199	174	2		214	55			938
2 (Pro Unit)						53			63	1	117
3 (Recycled)	1						4				5
4 (Discharged)	2	11	4	3			7				27
5 (Anth Only, Pro)						1					1
6 (Quest Only, Pro)											0
7 (Anth Only)		1	3								4
8 (Quest Only)	2	1	12				2				17
9 (Non-Subject)	130	8	5	50		54	1	159	29		436
TOTAL:	230	220	223	227	2	108	228	214	92	1	1545

Note: All of the following charts and graphs were made using only recruits with a Subject Info Code of 1-4.

FJ88 Male SubInfo

28 Jan 97 SPSS for Macintosh Release 6.1

AGE   Age of MALE recruits in years

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
	17	70	6.4	6.4	6.4
	18	392	36.1	36.1	42.5
	19	212	19.5	19.5	62.0
	20	111	10.2	10.2	72.2
	21	70	6.4	6.4	78.7
	22	63	5.8	5.8	84.5
	23	43	4.0	4.0	88.4
	24	22	2.0	2.0	90.4
	25	25	2.3	2.3	92.7
	26	13	1.2	1.2	93.9
	27	13	1.2	1.2	95.1
	28	13	1.2	1.2	96.3
	29	8	.7	.7	97.1
	30	12	1.1	1.1	98.2
	31	5	.5	.5	98.6
	32	3	.3	.3	98.9
	33	5	.5	.5	99.4
	34	2	.2	.2	99.5
	35	2	.2	.2	99.7
	36	1	.1	.1	99.8
	37	1	.1	.1	99.9
	40	1	.1	.1	100.0
	Total	1087	100.0	100.0	

Statistics for AGE:
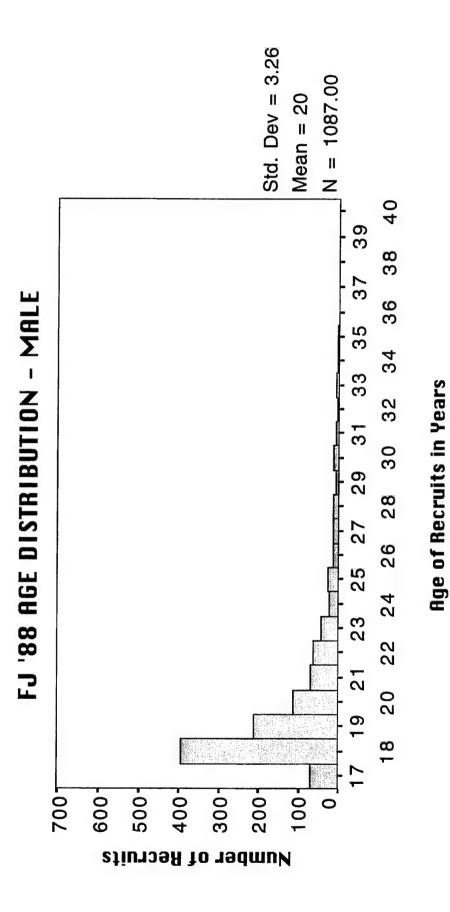
Mean	20.059	Median	19.000	Mode	18.000	
Std dev	3.261	Variance	10.632	Range	23.000	
Minimum	17.000	Maximum	40.000			

Valid cases   1087   Missing cases   0

FJ '88 AGE DISTRIBUTION – MALE

Std. Dev = 3.26

Mean = 20

N = 1087.00

Number of Recruits

700

600

500

400

300

200

100

0

17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

Age of Recruits in Years
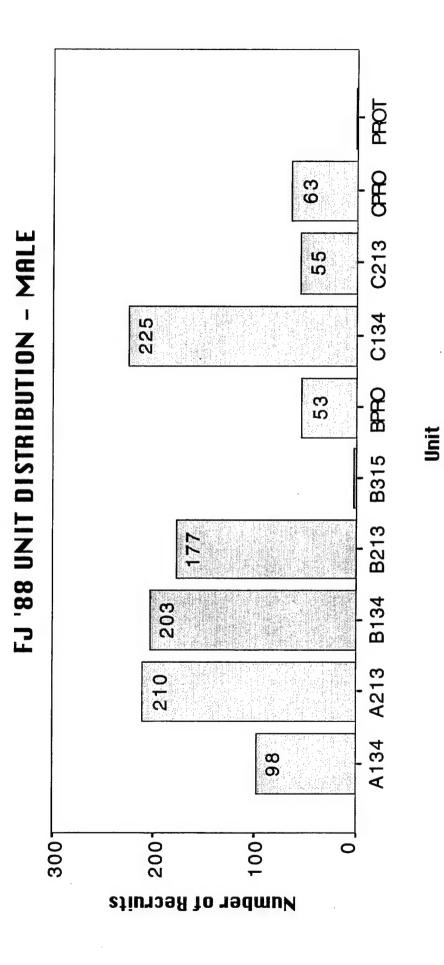
FJ Charts: FJ Age – Male   1/23/97

28 Jan 97 SPSS for Macintosh Release 6.1

UNIT   Unit Distribution - MALES

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
	A134	98	9.0	9.0	9.0
	A213	210	19.3	19.3	28.3
	B134	203	18.7	18.7	47.0
	B213	177	16.3	16.3	63.3
	B315	2	.2	.2	63.5
	BPRO	53	4.9	4.9	68.4
	C134	225	20.7	20.7	89.1
	C213	55	5.1	5.1	94.1
	CPRO	63	5.8	5.8	99.9
	PROT	1	.1	.1	100.0
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

FJ '88 UNIT DISTRIBUTION - MALE

Number of Recruits

Unit	Number of Recruits
A134	98
A213	210
B134	203
B213	177
B315	
BPRO	53
C134	225
C213	55
CPRO	63
PROT	

Unit
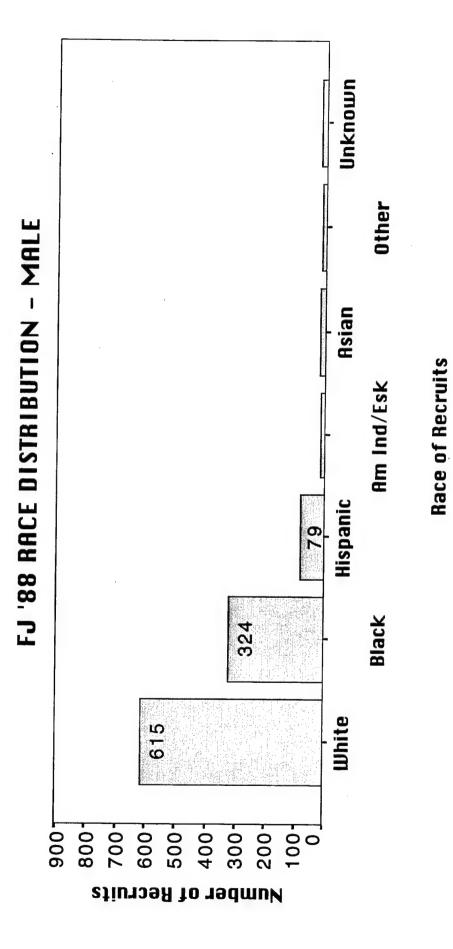
FJ Charts: FJ Unit (Subj)- Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

MH_RACE   Race of MALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
WHITE	1	615	56.6	56.6	56.6
BLACK	2	324	29.8	29.8	86.4
HISPANIC	3	79	7.3	7.3	93.7
AM IND/ESK	4	15	1.4	1.4	95.0
ASIAN	5	19	1.7	1.7	96.8
OTHER	6	15	1.4	1.4	98.2
UNKNOWN	7	20	1.8	1.8	100.0
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

FJ '88 RACE DISTRIBUTION - MALE
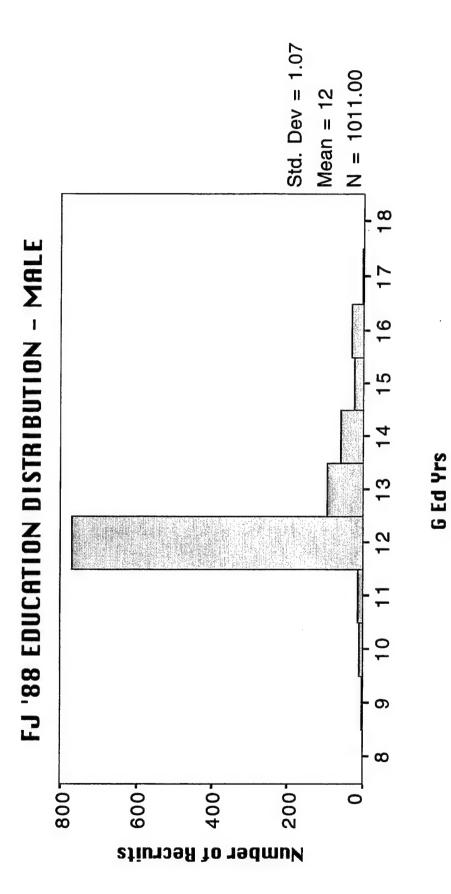
FJ Charts: FJ MH Race - Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

G_ED_YRS   Number of years of education for MALE recruits
            (GED or High School graduation=12, college graduation=16)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
	8	1	.1	.1	.1
	9	5	.5	.5	.6
	10	12	1.1	1.2	1.8
	11	13	1.2	1.3	3.1
	12	769	70.7	76.1	79.1
	13	92	8.5	9.1	88.2
	14	60	5.5	5.9	94.2
	15	24	2.2	2.4	96.5
	16	30	2.8	3.0	99.5
	17	4	.4	.4	99.9
	18	1	.1	.1	100.0
	0	76	7.0	Missing	
	Total	1087	100.0	100.0	

Valid cases   1011   Missing cases   76

FJ '88 EDUCATION DISTRIBUTION - MALE

Std. Dev = 1.07

Mean = 12

N = 1011.00

Number of Recruits

G Ed Yrs
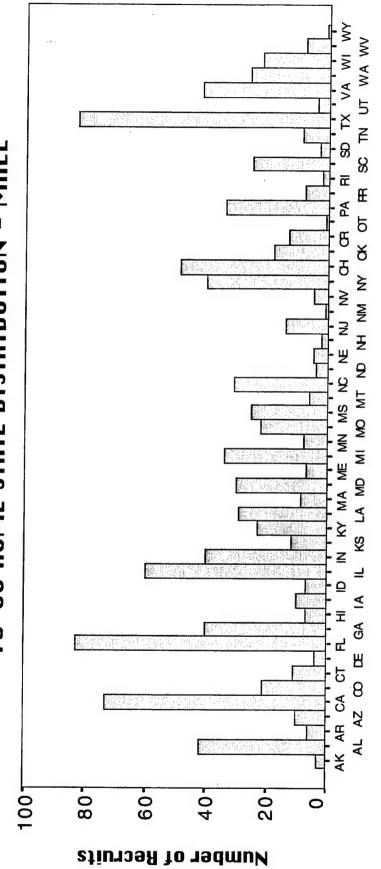
FJ Charts:FJ Ed Yrs - Male   1/23/97

28 Jan 97   SPSS for Macintosh Release 6.1

G_HOME   Home state of MALE recruits (Postal Abbreviation)

Value	Freq	Pct	Cum Pct	Value	Freq	Pct	Cum Pct	Value	Freq	Pct	Cum Pct
AK	15	1	1	LA	29	3	46	OK	18	2	74
AL	3	0	2	MA	9	1	46	OR	13	1	75
AR	42	4	6	MD	30	3	49	OT	1	0	75
AZ	6	1	6	ME	7	1	50	PA	34	3	79
CA	10	1	7	MI	34	3	53	PR	8	1	79
CO	73	7	14	MN	8	1	54	RI	2	0	79
CT	21	2	16	MO	22	2	56	SC	25	2	82
DC	11	1	17	MS	25	2	58	SD	3	0	82
DE	4	0	17	MT	6	1	59	TN	9	1	83
FL	83	8	25	NC	31	3	61	TX	83	8	91
GA	40	4	28	ND	4	0	62	UT	4	0	91
HI	7	1	29	NE	5	0	62	VA	42	4	95
IA	10	1	30	NH	2	0	62	WA	26	2	97
ID	7	1	31	NJ	14	1	64	WI	22	2	99
IL	60	6	36	NM	1	0	64	WV	8	1	100
IN	40	4	40	NV	5	0	64	WY	1	0	100
KS	12	1	41	NY	40	4	68				
KY	23	2	43	OH	49	5	72				

Valid cases   1087   Missing cases   0

FJ '88 HOME STATE DISTRIBUTION - MALE

Number of Recruits

Home State

AK AR CA CT FL HI ID IN KY MA ME MN MS NC NE NJ NV CH CR PA RI SD TX VA WI WY
AL AZ CO DE GA IA IL KS LA MD MI MO MT ND NH NM NY OK OT FR SC TN UT WA WV

FJ Charts: FJ Home – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

WEIGHT_1   Weight of MALE recruits in 5 kg groups

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
45-49.99	45.00	2	.2	.2	.2
50-54.99	50.00	16	1.5	1.5	1.7
55-59.99	55.00	72	6.6	6.6	8.3
60-64.99	60.00	133	12.2	12.2	20.5
65-69.99	65.00	173	15.9	15.9	36.4
70-74.99	70.00	175	16.1	16.1	52.5
75-79.99	75.00	163	15.0	15.0	67.5
80-84.99	80.00	112	10.3	10.3	77.8
85-89.99	85.00	93	8.6	8.6	86.4
90-94.99	90.00	61	5.6	5.6	92.0
95-99.99	95.00	50	4.6	4.6	96.6
100-104.99	100.00	24	2.2	2.2	98.8
105-109.99	105.00	8	.7	.7	99.5
110-114.99	110.00	2	.2	.2	99.7
115-119.99	115.00	1	.1	.1	99.8
120-124.99	120.00	1	.1	.1	99.9
135-139.99	135.00	1	.1	.1	100.0
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

Statistics for AN_WT:

Mean	75.599	Median	74.000	Mode	69.900
Std dev	12.352	Variance	152.562	Range	88.400
Minimum	48.600	Maximum	137.000		

Valid cases   1087   Missing cases   0

Note: Data below this line is not shown on graph

FJ '88 WEIGHT DISTRIBUTION - MALE

Number of Recruits (y-axis: 0, 100, 200, 300)

Weight categories (x-axis): 42.5, 47.5, 52.5, 57.5, 62.5, 67.5, 72.5, 77.5, 82.5, 87.5, 92.5, 97.5, 102.5, 107.5, 112.5, 117.5, 122.5

Std. Dev = 12.35

Mean = 75.6

N = 1087.00

Weight of Recruits in 5 kg groups

FJ Charts:FJ An WT - Male   1/23/97

Weight Categories: 40-44.99, 45-49.99, 50-54.99, ..., 120-124.99

28 Jan 97 SPSS for Macintosh Release 6.1

HEIGHT_1   Height of MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
152-153.99	152.00	1	.1	.1	.1
156-157.99	156.00	3	.3	.3	.4
158-159.99	158.00	6	.6	.6	.9
160-161.99	160.00	13	1.2	1.2	2.1
162-163.99	162.00	27	2.5	2.5	4.6
164-165.99	164.00	43	4.0	4.0	8.6
166-167.99	166.00	75	6.9	6.9	15.5
168-169.99	168.00	76	7.0	7.0	22.5
170-171.99	170.00	110	10.1	10.1	32.6
172-173.99	172.00	132	12.1	12.2	44.8
174-175.99	174.00	121	11.1	11.2	55.9
176-177.99	176.00	112	10.3	10.3	66.3
178-179.99	178.00	95	8.7	8.8	75.0
180-181.99	180.00	82	7.5	7.6	82.6
182-183.99	182.00	73	6.7	6.7	89.3
184-185.99	184.00	41	3.8	3.8	93.1
186-187.99	186.00	27	2.5	2.5	95.6
188-189.99	188.00	24	2.2	2.2	97.8
190-191.99	190.00	13	1.2	1.2	99.0
192-193.99	192.00	6	.6	.6	99.5
194-195.99	194.00	2	.2	.2	99.7
196-197.99	196.00	2	.2	.2	99.9
208-209.99	208.00	1	.1	.1	100.0
Missing	.	2	.2	Missing	
	Total	1087	100.0	100.0	

Valid cases   1085   Missing cases   2

Statistics for AN_HT:

Mean	175.257	Median	175.000	Mode	175.000
Std dev	7.033	Variance	49.468	Range	55.700
Minimum	152.600	Maximum	208.300		

FJ '88 HEIGHT DISTRIBUTION - MALE

Std. Dev = 7.03

Mean = 175

N = 1085.00

Number of Recruits

200 — 150 — 100 — 50 — 0

Height (cm)

145 149 153 157 161 165 169 173 177 181 185 189 193 197 201 205 209

FJ Charts:FJ An HT - Male   1/23/97

Height Categories: 144-145.99, 146-147.99, 148-149.99, ..., 208-209.99

28 Jan 97 SPSS for Macintosh Release 6.1

BMI   Body Mass Index for MALE recruits in 1 kg/m^2 increments

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
17-17.99	17.00	4	.4	.4	.4
18-18.99	18.00	20	1.8	1.8	2.2
19-19.99	19.00	70	6.4	6.5	8.7
20-20.99	20.00	98	9.0	9.0	17.7
21-21.99	21.00	96	8.8	8.8	26.5
22-22.99	22.00	113	10.4	10.4	37.0
23-23.99	23.00	132	12.1	12.2	49.1
24-24.99	24.00	97	8.9	8.9	58.1
25-25.99	25.00	118	10.9	10.9	68.9
26-26.99	26.00	67	6.2	6.2	75.1
27-27.99	27.00	53	4.9	4.9	80.0
28-28.99	28.00	63	5.8	5.8	85.8
29-29.99	29.00	48	4.4	4.4	90.2
30-30.99	30.00	45	4.1	4.1	94.4
31-31.99	31.00	41	3.8	3.8	98.2
32-32.99	32.00	16	1.5	1.5	99.6
33-33.99	33.00	2	.2	.2	99.8
34-34.99	34.00	2	.2	.2	100.0
Missing	.	2	.2	Missing	
	Total	1087	100.0	100.0	

Valid cases   1085   Missing cases   2

Statistics for AN_BMI:

Mean	24.577	Median	24.140	Mode	23.900
Std dev	3.547	Variance	12.580	Range	17.200
Minimum	17.220	Maximum	34.420		

Valid cases   1085   Missing cases   2

Formula: Anth BMI:=Anth WT/(Anth HT/100)^2

FJ '88 BMI DISTRIBUTION – MALE

Std. Dev = 3.55

Mean = 24.6

N = 1085.00

Number of Recruits

200 — 150 — 100 — 50 — 0

16.5 17.5 18.5 19.5 20.5 21.5 22.5 23.5 24.5 25.5 26.5 27.5 28.5 29.5 30.5 31.5 32.5 33.5 34.5

Body Mass Index for Recruits (kg/m^2)

FJ Charts:FJ An BMI – Male   1/23/97

BMI Categories: 16–16.99, 17–17.99, 18–18.99, ..., 34–34.99
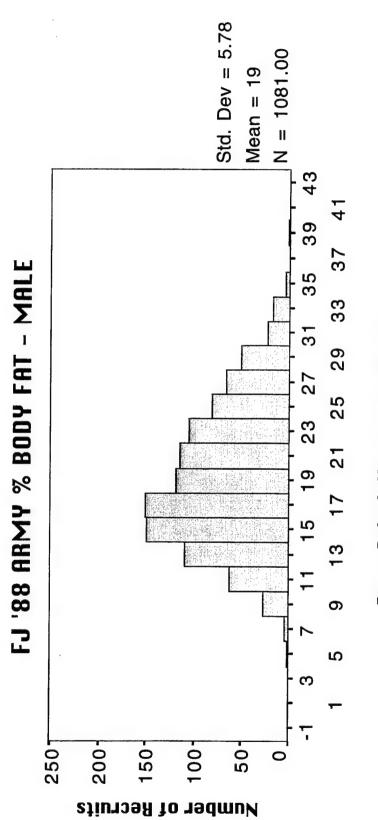
28 Jan 97 SPSS for Macintosh Release 6.1

ARMYBF_1   Army Calculation of Percent Body Fat for MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
4-5.99	4.00	1	.1	.1	.1
6-7.99	6.00	4	.4	.4	.5
8-9.99	8.00	26	2.4	2.4	2.9
10-11.99	10.00	62	5.7	5.7	8.6
12-13.99	12.00	109	10.0	10.1	18.7
14-15.99	14.00	149	13.7	13.8	32.5
16-17.99	16.00	150	13.8	13.9	46.3
18-19.99	18.00	119	10.9	11.0	57.4
20-21.99	20.00	114	10.5	10.5	67.9
22-23.99	22.00	105	9.7	9.7	77.6
24-25.99	24.00	81	7.5	7.5	85.1
26-27.99	26.00	66	6.1	6.1	91.2
28-29.99	28.00	51	4.7	4.7	95.9
30-31.99	30.00	22	2.0	2.0	98.0
32-33.99	32.00	17	1.6	1.6	99.5
34-35.99	34.00	4	.4	.4	99.9
38-39.99	38.00	1	.1	.1	100.0
Missing	.	6	.6	Missing	
	Total	1087	100.0	100.0	

Valid cases   1081   Missing cases   6

Statistics for ANARMYBF:

Mean	19.324	Median	18.600	Mode	16.100
Std dev	5.782	Variance	33.436	Range	34.000
Minimum	5.400	Maximum	39.400		

Valid cases   1081   Missing cases   6

Formula (MALE): if (Anth Abd2>0, 46.892 - (68.678*Log10(Anth Ht))+
(76.462*Log10(Anth Abd Avg - Anth Nek Avg)), 0)

FJ '88 ARMY % BODY FAT – MALE

Std. Dev = 5.78

Mean = 19

N = 1081.00

Number of Recruits

250 200 150 100 50 0

-1 1 3 5 7 9 11 13 15 17 19 21 23 25 27 29 31 33 35 37 39 41 43

Army Calculation of % Body Fat

FJ Charts:FJ An Army % BF - Male   1/23/97

Army % BF categories: (-2)-(-0.01), 0-1.99, 2-3.99, ..., 42-43.99

NAVYBF_1   Navy Calculation of Percent Body Fat for MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
0-1.99	.00	1	.1	.1	.1
2-3.99	2.00	9	.8	.8	.9
4-5.99	4.00	34	3.1	3.1	4.1
6-7.99	6.00	54	5.0	5.0	9.1
8-9.99	8.00	122	11.2	11.3	20.4
10-11.99	10.00	141	13.0	13.0	33.4
12-13.99	12.00	140	12.9	13.0	46.3
14-15.99	14.00	109	10.0	10.1	56.4
16-17.99	16.00	98	9.0	9.1	65.5
18-19.99	18.00	102	9.4	9.4	74.9
20-21.99	20.00	76	7.0	7.0	82.0
22-23.99	22.00	73	6.7	6.8	88.7
24-25.99	24.00	56	5.2	5.2	93.9
26-27.99	26.00	33	3.0	3.1	96.9
28-29.99	28.00	14	1.3	1.3	98.2
30-31.99	30.00	14	1.3	1.3	99.5
32-33.99	32.00	4	.4	.4	99.9
38-39.99	38.00	1	.1	.1	100.0
Missing	.	6	.6	Missing	
	Total	1087	100.0	100.0	

Statistics for ANNAVYBF:

Mean	15.539	Median	14.600	Mode	13.400
Std dev	6.329	Variance	40.053	Range	37.900
Minimum	.800	Maximum	38.700		

Valid cases   1081   Missing cases   6

Formula (MALE): Anth Navy BF: if (Anth ADB Avg>0, ((4.95/Anth BD)-4.50)*100,0)
with: Anth BD := if (Anth Abd3>0, 10324+(0.15456*Log10(Anth Ht))-
(0.19077*Log10(Anth Abd Avg - Abd Nek Avg)), 1)

FJ '88 NAVY % BODY FAT – MALE

Number of Recruits (y-axis): 0, 50, 100, 150, 200, 250

x-axis: -1, 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39, 41, 43

Std. Dev = 6.33
Mean = 16
N = 1081.00

Navy Calculation of % Body Fat

FJ Charts:FJ An Navy % BF - Male   1/23/97

Navy % BF categories: (-2)-(-0.01), 0-1.99, 2-3.99, ..., 42-43.99

28 Jan 97 SPSS for Macintosh Release 6.1
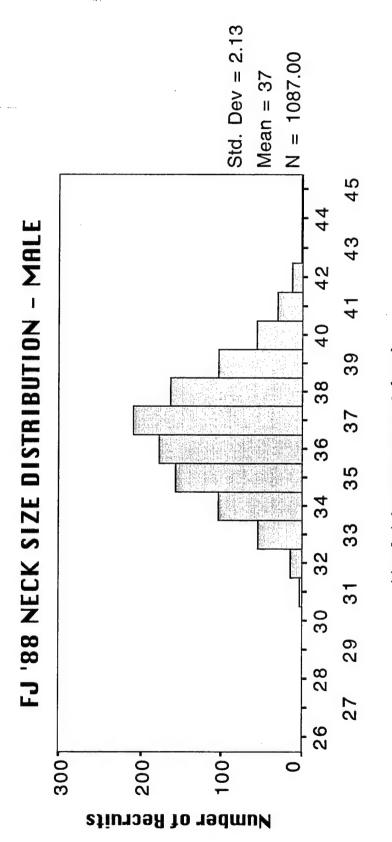
NECK_1   Neck Size Distribution for MALE recruits(in cm):

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
31-31.99	31.00	3	.3	.3	.3
32-32.99	32.00	14	1.3	1.3	1.6
33-33.99	33.00	55	5.1	5.1	6.6
34-34.99	34.00	103	9.5	9.5	16.1
35-35.99	35.00	157	14.4	14.4	30.5
36-36.99	36.00	177	16.3	16.3	46.8
37-37.99	37.00	209	19.2	19.2	66.1
38-38.99	38.00	163	15.0	15.0	81.0
39-39.99	39.00	103	9.5	9.5	90.5
40-40.99	40.00	56	5.2	5.2	95.7
41-41.99	41.00	30	2.8	2.8	98.4
42-42.99	42.00	12	1.1	1.1	99.5
43-43.99	43.00	2	.2	.2	99.7
44-44.99	44.00	2	.2	.2	99.9
45-45.99	45.00	1	.1	.1	100.0
	Total	1087	100.0	100.0	

Statistics for ANNEKAVG:

Mean	37.147	Median	37.170	Mode	38.430
Std dev	2.128	Variance	4.528	Range	13.860
Minimum	31.270	Maximum	45.130		

Valid cases   1087   Missing cases   0

Note: ANNEKAVG is an average of three neck measuremetns

FJ '88 NECK SIZE DISTRIBUTION – MALE

Std. Dev = 2.13

Mean = 37

N = 1087.00

Neck Measurement (cm)

26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45

Number of Recruits

300 200 100 0

FJ Charts:FJ Neck – Male   1/23/97

Neck Size Categories: 26–26.99, 27–27.99, 28–28.99, ..., 45–45.99

ABD_1   Abdomen Size Distribution for MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent	
30-34.99	30.00	1	.1	.1	.1	
35-39.99	35.00	1	.1	.1	.2	
						Data above this line
						is not shown on graph
60-64.99	60.00	3	.3	.3	.5	
65-69.99	65.00	44	4.0	4.1	4.5	
70-74.99	70.00	201	18.5	18.5	23.0	
75-79.99	75.00	246	22.6	22.7	45.7	
80-84.99	80.00	182	16.7	16.8	62.5	
85-89.99	85.00	150	13.8	13.8	76.3	
90-94.99	90.00	113	10.4	10.4	86.7	
95-99.99	95.00	84	7.7	7.7	94.5	
100-104.99	100.00	44	4.0	4.1	98.5	
105-109.99	105.00	11	1.0	1.0	99.5	
110-114.99	110.00	4	.4	.4	99.9	
						Data below this line
						is not shown on graph
130-134.99	130.00	1	.1	.1	100.0	
Missing	.	2	.2	Missing		
	Total	1087	100.0	100.0		

Statistics for ANABDAVG:

Mean	82.882	Median	81.070	Mode	79.700
Std dev	9.793	Variance	95.911	Range	101.540
Minimum	31.130	Maximum	132.670		

Valid cases   1085   Missing cases   2

Note: ANABDAVG is an average of three abdominal measurements

FJ '88 ABDOMEN SIZE DISTRIBUTION - MALE

Std. Dev = 9.79

Mean = 82.9

N = 1085.00

Number of Recruits

400

300

200

100

0

57.5 62.5 67.5 72.5 77.5 82.5 87.5 92.5 97.5 102.5 107.5 112.5

Abdomen Size (cm)

FJ Charts:FJ Abd - Male   1/23/97
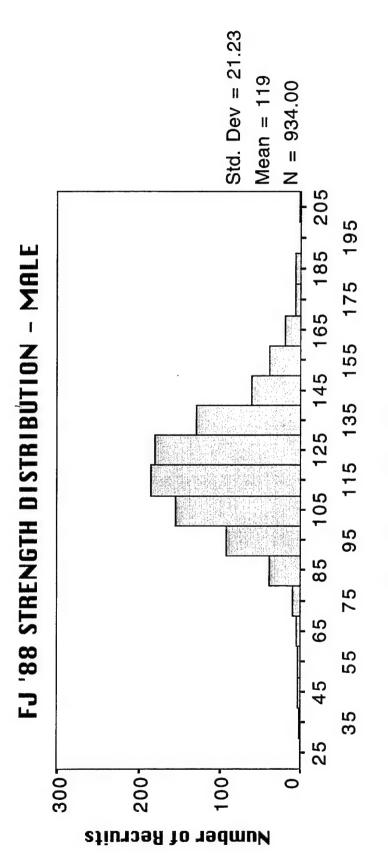
Abdomen Size Categories: 55-59.99, 60-64.99, 65-69.99, ..., 110-114.99

28 Jan 97 SPSS for Macintosh Release 6.1

STRNGTH_1   Grip Test Strength (lb) of MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
30-39.99	30.00	1	.1	.1	.1
40-49.99	40.00	3	.3	.3	.4
50-59.99	50.00	3	.3	.3	.7
60-69.99	60.00	5	.5	.5	1.3
70-79.99	70.00	9	.8	1.0	2.2
80-89.99	80.00	38	3.5	4.1	6.3
90-99.99	90.00	93	8.6	10.0	16.3
100-109.99	100.00	154	14.2	16.5	32.8
110-119.99	110.00	185	17.0	19.8	52.6
120-129.99	120.00	181	16.7	19.4	71.9
130-139.99	130.00	130	12.0	13.9	85.9
140-149.99	140.00	61	5.6	6.5	92.4
150-159.99	150.00	38	3.5	4.1	96.5
160-169.99	160.00	19	1.7	2.0	98.5
170-179.99	170.00	7	.6	.7	99.3
180-189.99	180.00	6	.6	.6	99.9
200-209.99	200.00	1	.1	.1	100.0
Missing	.	153	14.1	Missing	
		------	------	------	
	Total	1087	100.0	100.0	

Statistics for ANSTRAVG:

Mean	119.168	Median	118.670	Mode	110.000
Std dev	21.225	Variance	450.504	Range	171.670
Minimum	32.000	Maximum	203.670		

Valid cases   934   Missing cases   153

Note: ANSTRAVG is an average of three strength measurements.

FJ '88 STRENGTH DISTRIBUTION – MALE

Number of Recruits

Std. Dev = 21.23
Mean = 119
N = 934.00

Grip Strength Test (lbs)

FJ Charts:FJ Strength – Male   1/23/97

Strength Categories: 20-29.99, 30-39.99, 40-49.99, ..., 200-209.99

28 Jan 97 SPSS for Macintosh Release 6.1

FLXAVG_1   Flexibility of MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
-4-(-.01)	-4.00	1	.1	.1	.1
4-5.99	4.00	1	.1	.1	.2
8-9.99	8.00	1	.1	.1	.3
12-13.99	12.00	3	.3	.3	.6
14-15.99	14.00	8	.7	.7	1.3
16-17.99	16.00	10	.9	.9	2.2
18-19.99	18.00	21	1.9	1.9	4.1
20-21.99	20.00	17	1.6	1.6	5.7
22-23.99	22.00	33	3.0	3.0	8.7
24-25.99	24.00	64	5.9	5.9	14.6
26-27.99	26.00	77	7.1	7.1	21.7
28-29.99	28.00	88	8.1	8.1	29.8
30-31.99	30.00	92	8.5	8.5	38.3
32-33.99	32.00	127	11.7	11.7	50.0
34-35.99	34.00	146	13.4	13.4	63.4
36-37.99	36.00	106	9.8	9.8	73.1
38-39.99	38.00	123	11.3	11.3	84.5
40-41.99	40.00	72	6.6	6.6	91.1
42-43.99	42.00	50	4.6	4.6	95.7
44-45.99	44.00	27	2.5	2.5	98.2
46-47.99	46.00	14	1.3	1.3	99.4
48-49.99	48.00	6	.6	.6	100.0
	Total	1087	100.0	100.0	

Note: Data above this
line is not shown on graph

Statistics for ANFLXAVG:

Mean	33.252	Median	34.000	Mode	34.500
Std dev	6.912	Variance	47.781	Range	53.500
Minimum	-4.000	Maximum	49.500		

Valid cases   1087   Missing cases   0

Note: ANFLXAVG is an average of three Flexibility measurements

FJ '88 FLEXIBILITY DISTRIBUTION - MALE

Std. Dev = 6.91

Mean = 33

N = 1087.00

Number of Recruits (y-axis: 0, 20, 40, 60, 80, 100, 120, 140, 160)

Flexibility (cm) (x-axis: 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39, 41, 43, 45, 47, 49)

FJ Charts:FJ Flex - Male   1/24/97

Flexibility Categories: 4-5.99, 6-7.99, 8-9.99, ..., 48-49.99

28 Jan 97 SPSS for Macintosh Release 6.1

MH_SMK   Recruit Smoked within the Past Year (MALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	456	42.0	42.3	42.3
NO	2	621	57.1	57.7	100.0
UNKNOWN	0	10	.9	Missing	
		------	------	------	
	Total	1087	100.0	100.0	

Valid cases   1077   Missing cases   10

Actual Question Asked: Have you smoked one or more cigarettes in the past year?

FJ '88 SMOKING DISTRIBUTION – MALE

Bar chart titled "FJ '88 SMOKING DISTRIBUTION – MALE"

Y-axis: Number of Recruits (0 to 700)
X-axis: Recruit Smoked Within Past Year

YES: 456
NO: 621

FJ Charts: FJ Smoke – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1
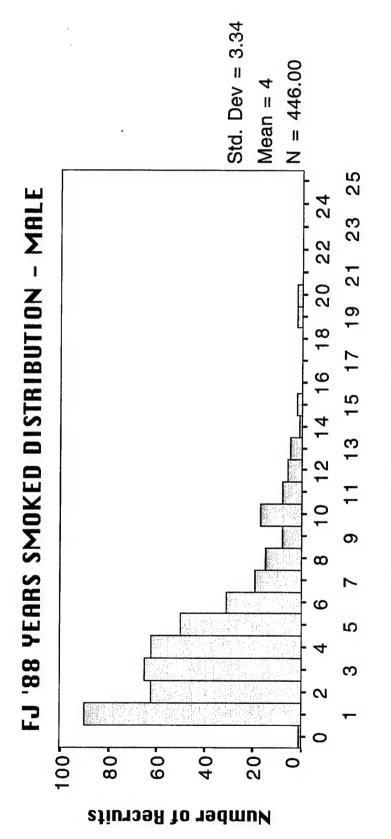
YRSSMK   Number of Years Smoked (for MALE recruits)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
0-.9	0	1	.1	.2	.2
1-1.9	1	90	8.3	20.2	20.4
2-2.9	2	62	5.7	13.9	34.3
3-3.9	3	65	6.0	14.6	48.9
4-4.9	4	62	5.7	13.9	62.8
5-5.9	5	50	4.6	11.2	74.0
6-6.9	6	31	2.9	7.0	80.9
7-7.9	7	19	1.7	4.3	85.2
8-8.9	8	15	1.4	3.4	88.6
9-9.9	9	8	.7	1.8	90.4
10-10.9	10	17	1.6	3.8	94.2
11-11.9	11	8	.7	1.8	96.0
12-12.9	12	6	.6	1.3	97.3
13-13.9	13	5	.5	1.1	98.4
14-14.9	14	1	.1	.2	98.7
15-15.9	15	2	.2	.4	99.1
19-19.9	19	2	.2	.4	99.6
20-20.9	20	2	.2	.4	100.0
Missing	.	641	59.0	Missing	
	Total	1087	100.0	100.0	

Statistics for NMH_YRSMK:

Mean	4.342	Median	4.000	Mode	1.000
Std dev	3.339	Variance	11.147	Range	19.500
Minimum	.500	Maximum	20.000		

Valid cases   641   Missing cases   446

Actual Question: How many years have you smoked one or more cigarettes?

FJ '88 YEARS SMOKED DISTRIBUTION - MALE

Std. Dev = 3.34

Mean = 4

N = 446.00

Number of Years Smoked

Number of Recruits

FJ Charts:FJ YrsSmoke - Male   1/24/97
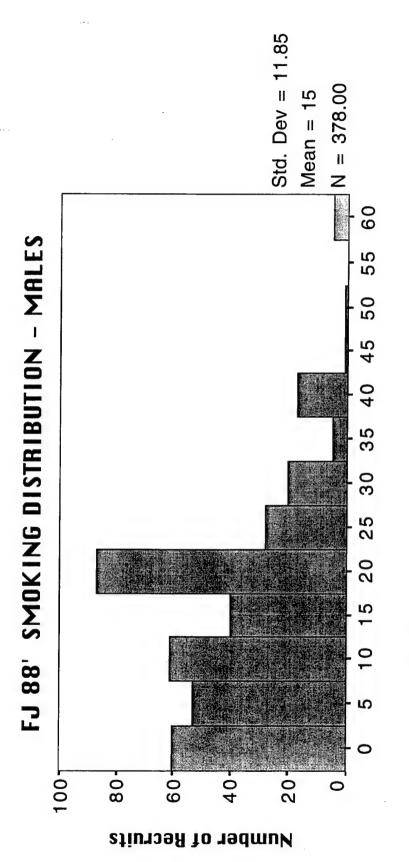
YrsSmoke Categories: 0-0.99, 1-1.99, 2-2.99, ..., 25-25.99

05 Feb 97 SPSS for Macintosh Release 6.1

CIG_DAY   Number of Cigarettes Smoked per day (MALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
Didn't Smoke	1	401	36.9	51.6	51.6
< 10 cig/day	2	122	11.2	15.7	67.3
10-19 cig/day	3	94	8.6	12.1	79.4
20-29 cig/day	4	113	10.4	14.5	94.0
30 or More cig/day	5	47	4.3	6.0	100.0
Missing	.	310	28.5	Missing	
	Total	1087	100.0	100.0	

Valid cases   777   Missing cases   310

Actual Question Asked: In the one month before coming in the Army, on average, how many cigarettes did you smoke each day?

FJ 88' SMOKING DISTRIBUTION – MALES

Number of Recruits

Std. Dev = 11.85

Mean = 15

N = 378.00
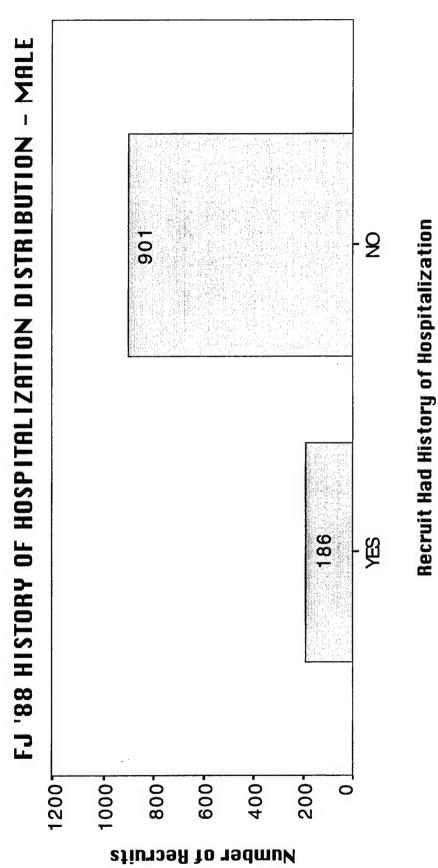
Number of Cigarettes Smoked per day

FJ Charts: FJ MH_CIG_D – Male 2/5/97

28 Jan 97 SPSS for Macintosh Release 6.1

HH_HOSP   Recruit had History of Hospitalization (MALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	186	17.1	17.1	17.1
NO	2	901	82.9	82.9	100.0
		-----	-----	-----	
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

Actual Question Asked: Have you ever had an injury that caused you to be hospitalized overnight?

FJ '88 HISTORY OF HOSPITALIZATION DISTRIBUTION – MALE

Number of Recruits

1200 — 1000 — 800 — 600 — 400 — 200 — 0

186 — YES

901 — NO

Recruit Had History of Hospitalization
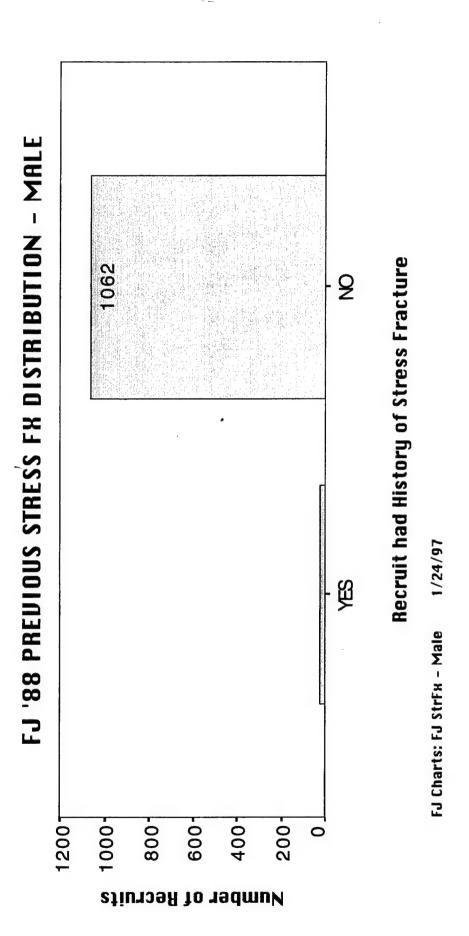
FJ Charts: FJ Hosp – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

HH_SFX   Recruit had History of Stress FX (MALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	25	2.3	2.3	2.3
NO	2	1062	97.7	97.7	100.0
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

FJ '88 PREVIOUS STRESS FX DISTRIBUTION – MALE

Number of Recruits

1200 — 1000 — 800 — 600 — 400 — 200 — 0

1062

YES   NO

Recruit had History of Stress Fracture

FJ Charts: FJ StrFx – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

HH_SURG   Recruit had History of Surgery (MALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	314	28.9	28.9	28.9
NO	2	773	71.1	71.1	100.0
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

Actual Question Asked: Have you ever had an injury that required surgery to repair the damage?

FJ '88 HISTORY OF SURGERY DISTRIBUTION – MALE

Number of Recruits

1200
1000
800
600
400
200
0

YES — 314

NO — 773

Recruit Had History of Surgery

FJ Charts: FJ Surgery – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

HH_FLU   Had cold or flu in the past two weeks (MALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	263	24.2	24.2	24.2
NO	2	824	75.8	75.8	100.0
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

Actual Question Asked: Have you had a cold or flu in the past two weeks?

FJ '88 FLU DISTRIBUTION – MALE

Number of Recruits

824

263

YES   NO

Had Cold or Flu Within Past Two Weeks

FJ Charts: FJ Flu – Male   1/24/97

FJ '88 % CHANGE FROM RUN1 TO RUN4 - MALE

Std. Dev = 8.56

Mean = -13.7

N = 363.00

Number of Recruits (vertical axis: 0, 20, 40, 60, 80, 100)

Horizontal axis: -47.5, -42.5, -37.5, -32.5, -27.5, -22.5, -17.5, -12.5, -7.5, -2.5, 2.5, 7.5, 12.5, 17.5

% Change from Run Time for PT Test 1 to Run Time for PT Test 4

FJ Charts:FJ del%Run - Male 1/24/97   [-100%= ran twice as fast]
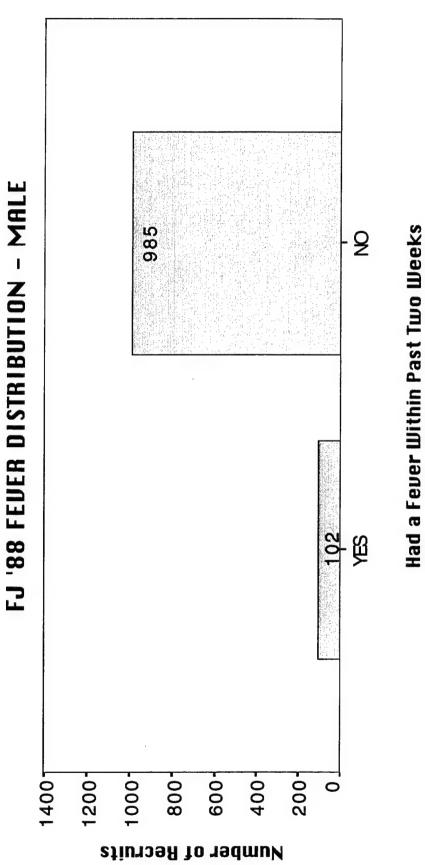
del%Run categories: (-50)-(-45.1), (-45)-(-40.1), ..., 10-14.9, 15-19.9

28 Jan 97 SPSS for Macintosh Release 6.1

HH_FEV   Had a fever in the past two weeks (MALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	102	9.4	9.4	9.4
NO	2	985	90.6	90.6	100.0
		------	------	------	
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

FJ '88 FEVER DISTRIBUTION – MALE

Number of Recruits

1400 — 1200 — 1000 — 800 — 600 — 400 — 200 — 0

985

102

YES   NO

Had a Fever Within Past Two Weeks

FJ Charts: FJ Fever – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

HH_NVD   Had Nausea/Vomiting/Diarrhea in the past two weeks (MALES)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
YES	1	105	9.7	9.7	9.7
NO	2	982	90.3	90.3	100.0
		------	------	------	
	Total	1087	100.0	100.0	

Valid cases   1087   Missing cases   0

Actual Question Asked: Have you had nausea with vomiting and/or diarrhea
                          in the past two weeks (not associated with drinking)?

FJ '88 NUD DISTRIBUTION – MALE

Number of Recruits

982

105

YES   NO
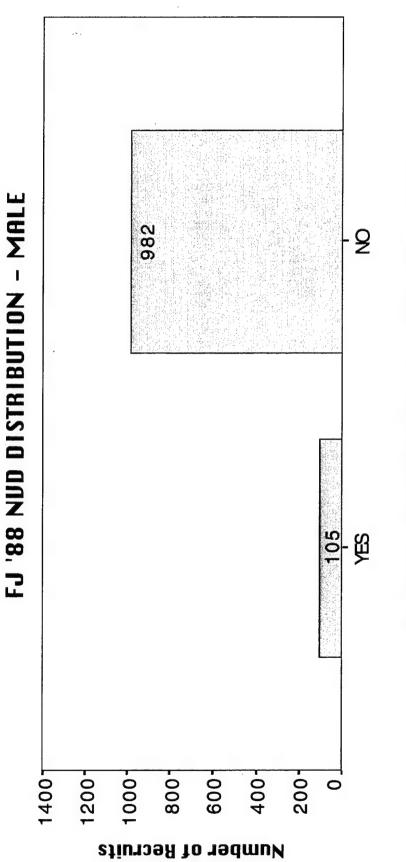
Had Nausea/Vomiting/Diarrhea Within Past Weeks

FJ Charts: FJ NUD – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

GACLVCD   Overall Physical Activity Level (MALES) :
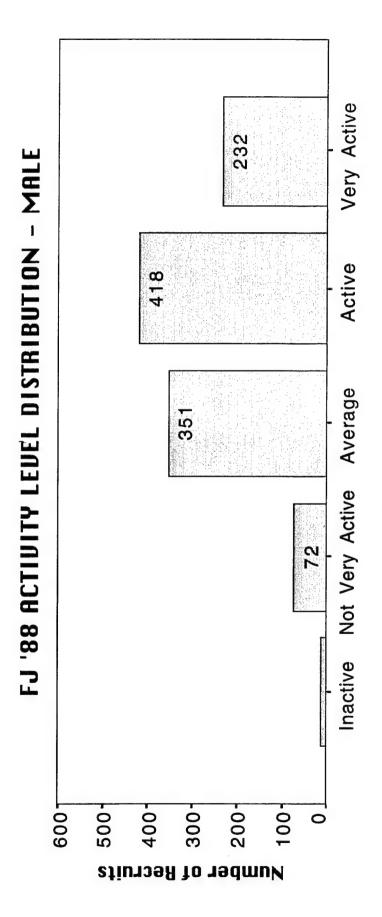
Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
Inactive	1	13	1.2	1.2	1.2
Not Very Active	2	72	6.6	6.6	7.8
Average	3	351	32.3	32.3	40.1
Active	4	418	38.5	38.5	78.6
Very Active	5	232	21.3	21.4	100.0
Unknown	0	1	.1	Missing	
	Total	1087	100.0	100.0	

Mean	3.722	Median	4.000	Mode	4.000
Std dev	.913	Variance	.833	Range	4.000
Minimum	1.000	Maximum	5.000		

Valid cases   1086   Missing cases   1

Actual Question Asked: In regard to overall physical activity, how would you describe your life before coming into the Army?

FJ '88 ACTIVITY LEVEL DISTRIBUTION – MALE

Number of Recruits

Inactive	
Not Very Active	72
Average	351
Active	418
Very Active	232

Overall Physical Activity Level

FJ Charts: FJ Act Lvl – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

G_FLCODE   Fitness Level Distribution for MALE recruits:
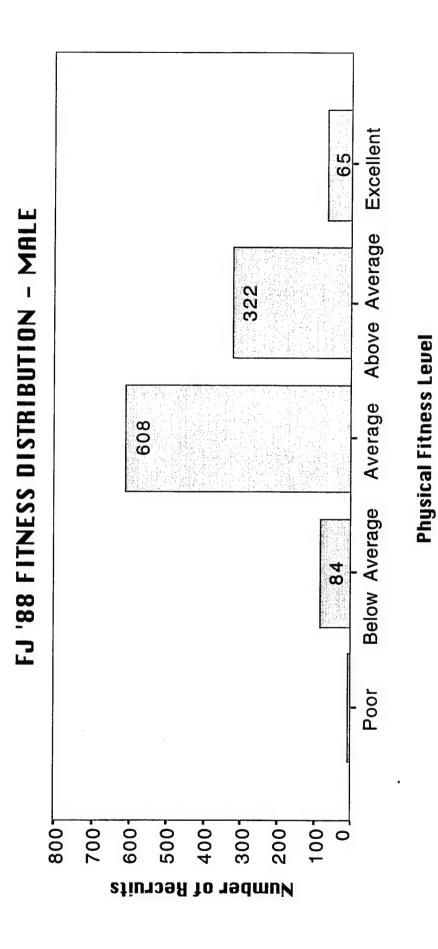
Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
Poor	1	6	.6	.6	.6
Below Average	2	84	7.7	7.7	8.3
Average	3	608	55.9	56.0	64.3
Above Average	4	322	29.6	29.7	94.0
Excellent	5	65	6.0	6.0	100.0
Unknown	0	2	.2	Missing	
		------	------	------	
	Total	1087	100.0	100.0	

Statistics for G_FLCODE:

Mean	3.328	Median	3.000	Mode	3.000
Std dev	.727	Variance	.529	Range	4.000
Minimum	1.000	Maximum	5.000		

Valid cases   1085   Missing cases   2

Actual Question Asked: How would you rate your current physical fitness compared to others of your age and sex?

FJ '88 FITNESS DISTRIBUTION - MALE

Number of Recruits

800
700
600
500
400
300
200
100
0

Poor — Below Average — Average — Above Average — Excellent

84

608

322

65

Physical Fitness Level
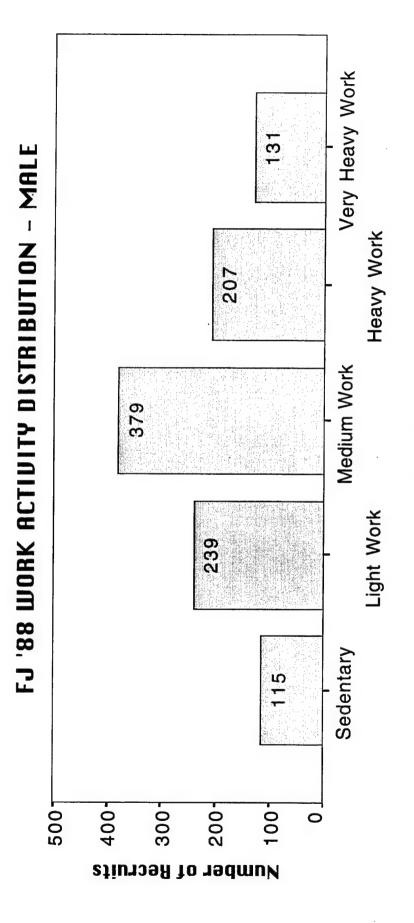
FJ Charts: FJ Fitness - Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

GWRKALCD   Occupational Activity Level Distribution for MALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
Sedentary	1	115	10.6	10.7	10.7
Light Work	2	239	22.0	22.3	33.1
Medium Work	3	379	34.9	35.4	68.4
Heavy Work	4	207	19.0	19.3	87.8
Very Heavy Work	5	131	12.1	12.2	100.0
Unknown	0	16	1.5	Missing	
	Total	1087	100.0	100.0	

Mean	3.000	Median	3.000	Mode	3.000
Std dev	1.156	Variance	1.336	Range	4.000
Minimum	1.000	Maximum	5.000		

Valid cases   1071   Missing cases   16

Actual Question Asked: During the last year would you describe the amount of physical activity
required by your normal occupation.

FJ '88 WORK ACTIVITY DISTRIBUTION - MALE

Number of Recruits

Occupational Activity Level	Number of Recruits
Sedentary	115
Light Work	239
Medium Work	379
Heavy Work	207
Very Heavy Work	131

Occupational Activity Level

· FJ Charts: FJ Work Act Lvl - Male   1/24/97
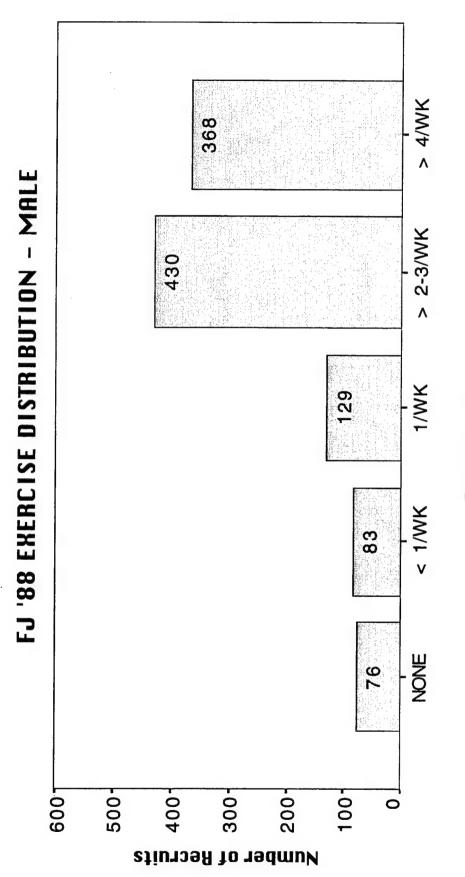
28 Jan 97 SPSS for Macintosh Release 6.1

MH_EX_CD   Exercise Distribution for MALE recruits:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
NONE	1	76	7.0	.7.0	7.0
< 1/WK	2	83	7.6	7.6	14.6
1/WK	3	129	11.9	11.9	26.5
2-3/WK	4	430	39.6	39.6	66.1
> 4/WK	5	368	33.9	33.9	100.0
Unknown	0	1	.1	Missing	
	Total	1087	100.0	100.0	

Valid cases   1086   Missing cases   1

Actual Question Asked: Over the last one month, how often did you exercise or play sports for 15 minutes or more?

FJ '88 EXERCISE DISTRIBUTION – MALE

Number of Recruits

Exercise Frequency

Category	Value
NONE	76
< 1/WK	83
1/WK	129
> 2-3/WK	430
> 4/WK	368

FJ Charts: FJ Exercise – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1
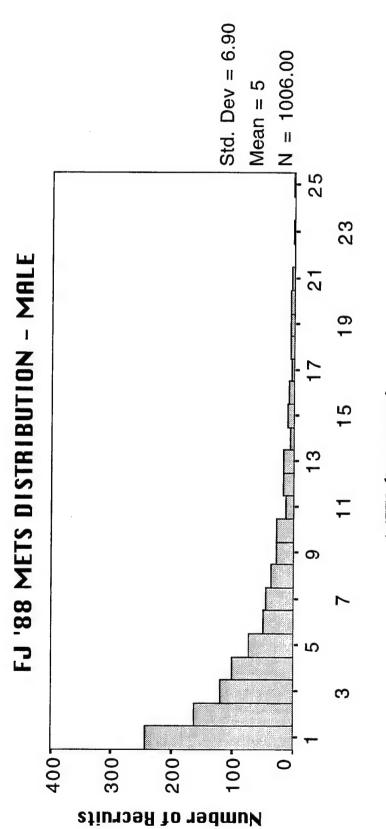
METS1   METS Calculation for MALES   (1000s)

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
1-1.999	.00	242	22.3	24.1	24.1
2-2.999	1.00	161	14.8	16.0	40.1
3-3.999	2.00	119	10.9	11.8	51.9
4-4.999	3.00	100	9.2	9.9	61.8
5-5.999	4.00	72	6.6	7.2	69.0
6-6.999	5.00	50	4.6	5.0	74.0
7-7.999	6.00	45	4.1	4.5	78.4
8-8.999	7.00	36	3.3	3.6	82.0
9-9.999	8.00	28	2.6	2.8	84.8
10-10.999	9.00	28	2.6	2.8	87.6
11-11.999	10.00	12	1.1	1.2	88.8
12-12.999	11.00	17	1.6	1.7	90.5
13-13.999	12.00	18	1.7	1.8	92.2
14-14.999	13.00	7	.6	.7	92.9
15-15.999	14.00	10	.9	1.0	93.9
16-16.999	15.00	9	.8	.9	94.8
17-17.999	16.00	4	.4	.4	95.2
18-18.999	17.00	7	.6	.7	95.9
19-19.999	18.00	6	.6	.6	96.5
20-20.999	19.00	6	.6	.6	97.1
21-21.999	20.00	4	.4	.4	97.5
22-22.999	21.00	1	.1	.1	97.6
23-23.999	22.00	3	.3	.3	97.9
24-24.999	24.00	2	.2	.2	98.1
25-25.999	25.00	2	.2	.2	98.3
26-26.999	26.00	1	.1	.1	98.4
27-27.999	27.00	3	.3	.3	98.7
28-28.999	28.00	1	.1	.1	98.8
29-29.999	29.00	2	.2	.2	99.0
30-30.999	30.00	1	.1	.1	99.1
31-31.999	31.00	1	.1	.1	99.2
32-32.999	32.00	1	.1	.1	99.3
40-40.999	40.00	1	.1	.1	99.4
42-42.999	42.00	1	.1	.1	99.5
52-52.999	52.00	1	.1	.1	99.6
62-62.999	62.00	1	.1	.1	99.7
65-65.999	65.00	1	.1	.1	99.8
70-70.999	70.00	2	.2	.2	100.0
Missing		81	7.5	Missing	
Total		1087	100.0	100.0	

Note: Data below this
line is not shown
on graph

Statistics for MET_METS (x.001)

Mean	4.920	Median	2.823	Mode	.042
Std dev	6.900	Variance	47.603	Range	70.541
Minimum	.002	Maximum	70.543		

* Multiple modes exist.   The smallest value is shown.

Valid cases   1006   Missing cases   81

FJ '88 METS DISTRIBUTION - MALE

Number of Recruits (y-axis): 400, 300, 200, 100, 0

METS (in 1000s) (x-axis): 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25

Std. Dev = 6.90
Mean = 5
N = 1006.00

FJ Charts:FJ METS - Male   1/24/97
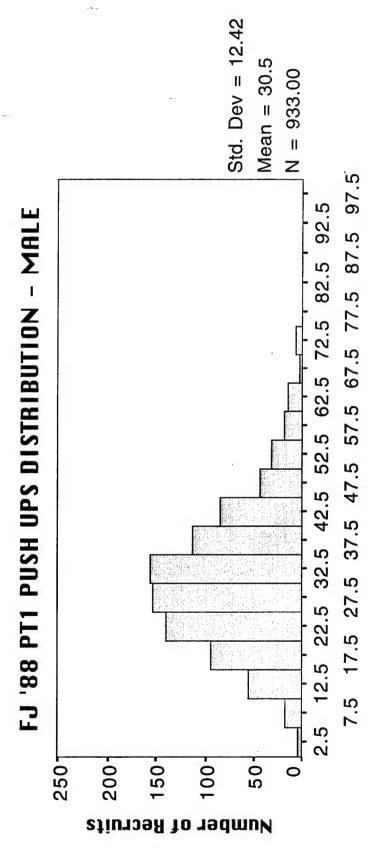
Mets Categories: 0-0.999, 1-1.999, 2-2.999, .., 24-24.999

28 Jan 97 SPSS for Macintosh Release 6.1

PU1   Number of Push-Ups completed by MALE recruits on 1st PT Test

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
0-4	.00	3	.3	.3	.3
5-9	5.00	17	1.6	1.8	2.1
10-14	10.00	56	5.2	6.0	8.2
15-19	15.00	94	8.6	10.1	18.2
20-24	20.00	139	12.8	14.9	33.2
25-29	25.00	153	14.1	16.4	49.6
30-34	30.00	155	14.3	16.6	66.2
35-39	35.00	113	10.4	12.1	78.3
40-44	40.00	85	7.8	9.1	87.4
45-49	45.00	44	4.0	4.7	92.2
50-54	50.00	32	2.9	3.4	95.6
55-59	55.00	18	1.7	1.9	97.5
60-64	60.00	14	1.3	1.5	99.0
65-69	65.00	3	.3	.3	99.4
70-74	70.00	6	.6	.6	100.0
Missing	.	141	13.0	Missing	
Missing	999.00	14	1.3	Missing	
	Total	1087	100.0	100.0	

Statistics for OC_PU1:

Mean	30.527	Median	30.000	Mode	30.000
Std dev	12.420	Variance	154.250	Range	74.000
Minimum	.000	Maximum	74.000		

Valid cases   933   Missing cases   154

FJ '88 PT1 PUSH UPS DISTRIBUTION – MALE

Std. Dev = 12.42

Mean = 30.5

N = 933.00

Number of Recruits (y-axis): 0, 50, 100, 150, 200, 250

Number of Push Ups Completed on 1st PT Test (x-axis): 2.5, 7.5, 12.5, 17.5, 22.5, 27.5, 32.5, 37.5, 42.5, 47.5, 52.5, 57.5, 62.5, 67.5, 72.5, 77.5, 82.5, 87.5, 92.5, 97.5

FJ Charts:FJ PU1 – Male   1/28/97

Push-Up Categories: 0-4, 5-9, 10-14, ..., 95-99

28 Jan 97   SPSS for Macintosh Release 6.1

SU1   Number of Sit-Ups completed by MALE recruits on 1st PT Test

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
0-4	.00	1	.1	.1	.1
5-9	5.00	2	.2	.2	.3
10-14	10.00	5	.5	.5	.9
15-19	15.00	12	1.1	1.3	2.1
20-24	20.00	29	2.7	3.1	5.2
25-29	25.00	53	4.9	5.6	10.9
30-34	30.00	91	8.4	9.7	20.5
35-39	35.00	136	12.5	14.5	35.0
40-44	40.00	168	15.5	17.9	52.9
45-49	45.00	154	14.2	16.4	69.3
50-54	50.00	132	12.1	14.0	83.3
55-59	55.00	86	7.9	9.1	92.4
60-64	60.00	42	3.9	4.5	96.9
65-69	65.00	16	1.5	1.7	98.6
70-74	70.00	10	.9	1.1	99.7
75-79	75.00	2	.2	.2	99.9
80-84	80.00	1	.1	.1	100.0
Missing	999.00	133	12.2	Missing	
Missing		14	1.3	Missing	
	Total	1087	100.0	100.0	

Statistics for OC_SU1:

Mean	43.451	Median	43.000	Mode	47.000
Std dev	11.524	Variance	132.795	Range	77.000
Minimum	3.000	Maximum	80.000		

Valid cases   940   Missing cases   147

FJ '88 PT1 SIT-UPS DISTRIBUTION – MALE

Std. Dev = 11.52

Mean = 43.5

N = 940.00

Number of Recruits (y-axis): 0, 50, 100, 150, 200, 250

Number of Sit Ups Completed on 1st PT Test (x-axis): 2.5, 7.5, 12.5, 17.5, 22.5, 27.5, 32.5, 37.5, 42.5, 47.5, 52.5, 57.5, 62.5, 67.5, 72.5, 77.5, 82.5, 87.5, 92.5, 97.5

FJ Charts:FJ SU1 - Male 1/28/97

Sit-Up Categories: 0-4, 5-9, 10-14, 15-19, ..., 94-99

28 Jan 97 SPSS for Macintosh Release 6.1

PT1MILES   Number of Miles Run on 1st PT Test by MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
1 MILE	1	628	57.8	58.7	58.7
2 MILES	2	442	40.7	41.3	100.0
UNKNOWN	0	17	1.6	Missing	
	Total	1087	100.0	100.0	

Mean	1.413	Median	1.000	Mode	1.000
Std dev	.493	Variance	.243	Range	1.000
Minimum	1.000	Maximum	2.000		

Valid cases   1070   Missing cases   17

FJ '88 PT1 MILES RUN DISTRIBUTION – MALE

Bar chart showing:
- 1 Mile: 628
- 2 Miles: 442

Y-axis: Number of Recruits (0 to 700)

X-axis: Number of Miles Run on 1st PT Test

FJ Charts: FJ PT1 Miles – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

PT1_RNIM   PT1 1 Mile Run Time Distribution for MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
5.0-5.49	5.00	1	.2	.2	.2
5.5-5.99	5.50	4	.6	.7	.9
6.0-6.49	6.00	52	8.3	9.7	10.7
6.5-6.99	6.50	74	11.8	13.8	24.5
7.0-7.49	7.00	142	22.6	26.5	51.0
7.5-7.99	7.50	100	15.9	18.7	69.7
8.0-8.49	8.00	69	11.0	12.9	82.6
8.5-8.99	8.50	43	6.8	8.0	90.7
9.0-9.49	9.00	31	4.9	5.8	96.4
9.5-9.99	9.50	10	1.6	1.9	98.3
10.0-10.49	10.00	7	1.1	1.3	99.6
10.5-10.99	10.50	2	.3	.4	100.0
Missing	.	93	14.8	Missing	
	Total	628	100.0	100.0	

Statistics for OC_RNIM1:

Mean	7.610	Median	7.470	Mode	7.250
Std dev	.942	Variance	.887	Range	5.300
Minimum	5.470	Maximum	10.770		

Valid cases   535   Missing cases   93

FJ '88 PT1 1 MILE RUN TIME DISTRIBUTION - MALE

Std. Dev = .94

Mean = 8

N = 535.00

Number of Recruits

Run Time for 1 Mile Run for PT Test 1 (min)

FJ Charts:FJ RunTime1 - Male (1 mile)   1/24/97

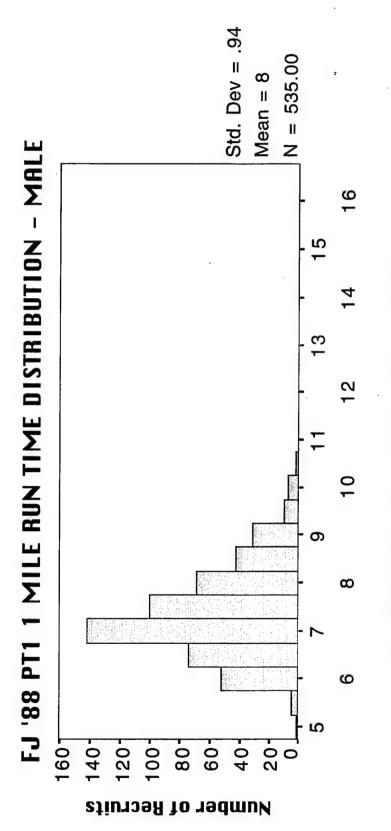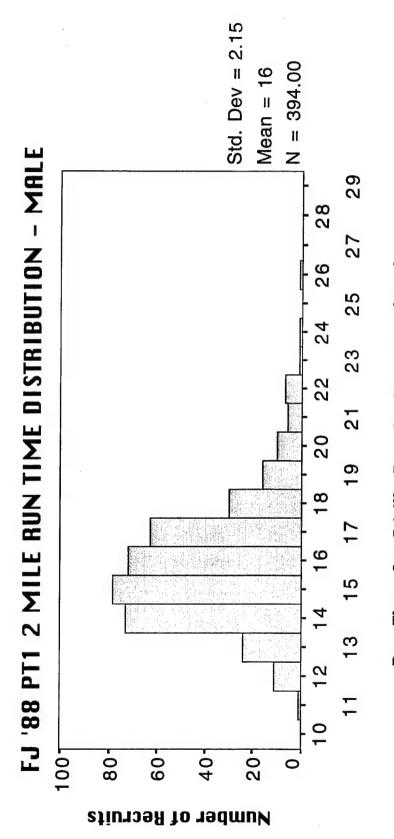Run Time Categories: 5-5.49, 5.5-5.99, 6-6.49, ..., 16.5-16.99

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PT1_RNT2   PT1 2 Mile Run Time Distribution for MALE recruits

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
11-11.99	11.00	1	.2	.3	.3
12-12.99	12.00	11	2.5	2.8	3.0
13-13.99	13.00	24	5.4	6.1	9.1
14-14.99	14.00	73	16.5	18.5	27.7
15-15.99	15.00	78	17.6	19.8	47.5
16-16.99	16.00	72	16.3	18.3	65.7
17-17.99	17.00	63	14.3	16.0	81.7
18-18.99	18.00	30	6.8	7.6	89.3
19-19.99	19.00	16	3.6	4.1	93.4
20-20.99	20.00	10	2.3	2.5	95.9
21-21.99	21.00	6	1.4	1.5	97.5
22-22.99	22.00	7	1.6	1.8	99.2
23-23.99	23.00	1	.2	.3	99.5
24-24.99	24.00	1	.2	.3	99.7
26-26.99	26.00	1	.2	.3	100.0
Missing	.	48	10.9	Missing	
	Total	442	100.0	100.0	

Statistics for OC_RNTM1:

Mean	16.378	Median	16.080	Mode	15.330
Std dev	2.152	Variance	4.633	Range	14.580
Minimum	11.420	Maximum	26.000		

Valid cases   394   Missing cases   48

FJ '88 PT1 2 MILE RUN TIME DISTRIBUTION – MALE

Std. Dev = 2.15

Mean = 16

N = 394.00

Number of Recruits

100
80
60
40
20
0

10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

Run Time for 2 Mile Run for PT Test 1 (min)

FJ Charts:FJ RunTime1 – Male (2 mile)   1/24/97

Run Time Categories: 10–10.99, 11–11.99, 12–12.99, ..., 29–29.99

PU4   Number of Push-Ups completed by MALE recruits on 4th PT Test:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
15-19	15.00	1	.1	.1	.1
20-24	20.00	5	.5	.5	.6
25-29	25.00	2	.2	.2	.9
30-34	30.00	65	6.0	6.9	7.8
35-39	35.00	91	8.4	9.7	17.5
40-44	40.00	129	11.9	13.8	31.3
45-49	45.00	140	12.9	14.9	46.2
50-54	50.00	168	15.5	17.9	64.1
55-59	55.00	124	11.4	13.2	77.4
60-64	60.00	80	7.4	8.5	85.9
65-69	65.00	49	4.5	5.2	91.1
70-74	70.00	35	3.2	3.7	94.9
75-79	75.00	21	1.9	2.2	97.1
80-84	80.00	20	1.8	2.1	99.3
85-89	85.00	4	.4	.4	99.7
90-94	90.00	2	.2	.2	99.9
95-99	95.00	1	.1	.1	100.0
Missing	.	150	13.8	Missing	
	Total	1087	100.0	100.0	

Statistics for OC_PU4:

Mean	51.244	Median	50.000	Mode	50.000
Std dev	12.400	Variance	153.762	Range	77.000
Minimum	19.000	Maximum	96.000		

Valid cases   937   Missing cases   150

FJ '88 PT4 PUSH UPS DISTRIBUTION - MALE

Std. Dev = 12.40

Mean = 51.2

N = 937.00

Number of Recruits (y-axis): 250, 200, 150, 100, 50, 0

x-axis (Number of Push-Ups Completed for 4th PT Test): 2.5, 7.5, 12.5, 17.5, 22.5, 27.5, 32.5, 37.5, 42.5, 47.5, 52.5, 57.5, 62.5, 67.5, 72.5, 77.5, 82.5, 87.5, 92.5, 97.5

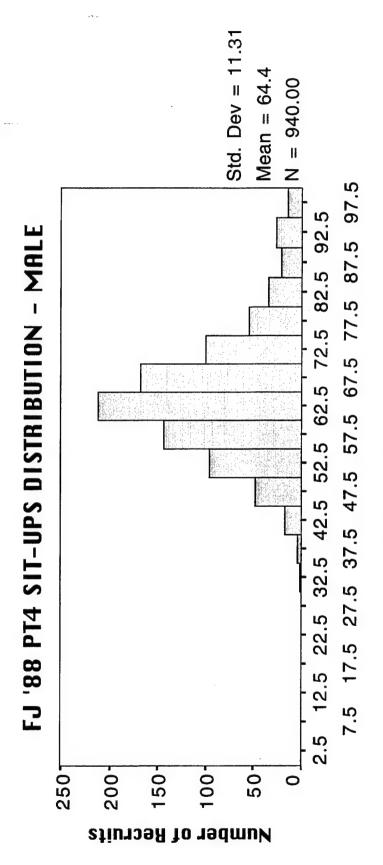## Number of Push-Ups Completed for 4th PT Test

FJ Charts:FJ PU4 - Male   1/24/97

Push-Up Categories: 0-4, 5-9, 10-14, 15-19, 20-24, ..., 95-99

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SU4   Number of Sit-Ups completed by MALE recruits on 4th PT Test:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
30-34	30.00	1	.1	.1	.1
35-39	35.00	4	.4	.4	.5
40-44	40.00	17	1.6	1.8	2.3
45-49	45.00	48	4.4	5.1	7.4
50-54	50.00	96	8.8	10.2	17.7
55-59	55.00	144	13.2	15.3	33.0
60-64	60.00	212	19.5	22.6	55.5
65-69	65.00	167	15.4	17.8	73.3
70-74	70.00	100	9.2	10.6	83.9
75-79	75.00	55	5.1	5.9	89.8
80-84	80.00	35	3.2	3.7	93.5
85-89	85.00	21	1.9	2.2	95.7
90-94	90.00	26	2.4	2.8	98.5
95-99	95.00	14	1.3	1.5	100.0
Missing	.	147	13.5	Missing	
	Total	1087	100.0	100.0	

Statistics for OC_SU4:

Mean	64.406	Median	63.000	Mode	60.000
Std dev	11.305	Variance	127.807	Range	68.000
Minimum	31.000	Maximum	99.000		

Valid cases   940   Missing cases   147

FJ '88 PT4 SIT-UPS DISTRIBUTION – MALE

Number of Recruits

Std. Dev = 11.31

Mean = 64.4

N = 940.00

250
200
150
100
50
0

2.5 12.5 22.5 32.5 42.5 52.5 62.5 72.5 82.5 92.5
  7.5 17.5 27.5 37.5 47.5 57.5 67.5 77.5 87.5 97.5
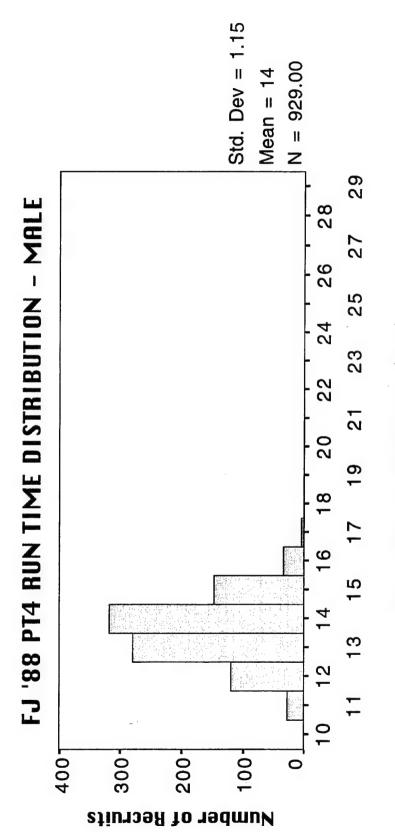
Number of Sit-Ups for 4th PT Test

FJ Charts:FJ SU4 – Male   1/24/97

Sit-Up Categories: 0–4, 5–9, 10–14, ..., 95–99

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PT4_RNTM   Run Time for MALE recruits for 4th PT Test:

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
11-11.99	11.00	28	2.6	3.0	3.0
12-12.99	12.00	119	10.9	12.8	15.8
13-13.99	13.00	279	25.7	30.0	45.9
14-14.99	14.00	316	29.1	34.0	79.9
15-15.99	15.00	147	13.5	15.8	95.7
16-16.99	16.00	33	3.0	3.6	99.2
17-17.99	17.00	5	.5	.5	99.8
18-18.99	18.00	1	.1	.1	99.9
20-20.99	20.00	1	.1	.1	100.0
Missing	.	158	14.5	Missing	
	Total	1087	100.0	100.0	

Statistics for OC_RNTM4:

Mean	14.063	Median	14.030	Mode	13.000
Std dev	1.146	Variance	1.313	Range	9.000
Minimum	11.120	Maximum	20.120		

Valid cases   929   Missing cases   158

FJ '88 PT4 RUN TIME DISTRIBUTION – MALE

Number of Recruits (y-axis: 0, 100, 200, 300, 400)

Run Time For 4th PT Test (min) (x-axis: 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29)

Std. Dev = 1.15
Mean = 14
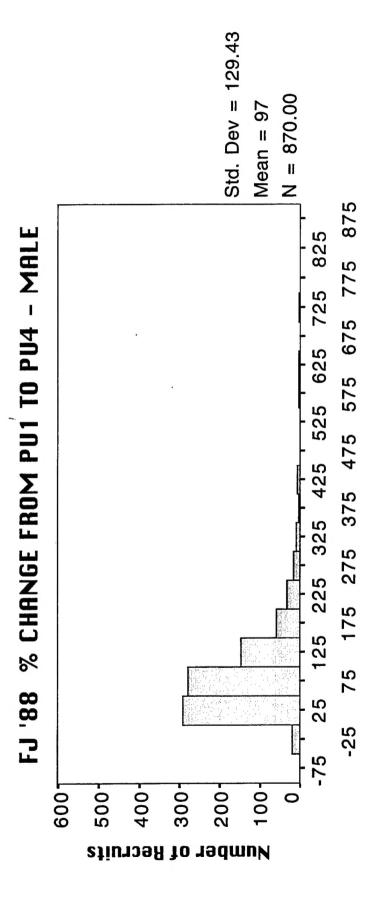N = 929.00

FJ Charts:FJ RunTime4 – Male   1/24/97

Run Time Categories: 10-10.99, 11-11.99, 12-12.99, 29-29.99

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DELTAPU1   % Change from Push-Ups for PT Test 1 to Push-Ups for PT Test 4 for MALES

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
-100-(-50.1)	-100.00	1	.1	.1	.1
-50-(-.01)	-50.00	19	1.7	2.2	2.3
0-49.99	.00	291	26.8	33.4	35.7
50-99.99	50.00	278	25.6	32.0	67.7
100-149.99	100.00	147	13.5	16.9	84.6
150-199.99	150.00	56	5.2	6.4	91.0
200-249.99	200.00	32	2.9	3.7	94.7
250-299.99	250.00	15	1.4	1.7	96.4
300-349.99	300.00	8	.7	.9	97.4
350-399.99	350.00	3	.3	.3	97.7
400-449.99	400.00	6	.6	.7	98.4
450-499.99	450.00	1	.1	.1	98.5
500-549.99	500.00	1	.1	.1	98.6
550-599.99	550.00	3	.3	.3	99.0
600-649.99	600.00	2	.2	.2	99.2
700-749.99	700.00	2	.2	.2	99.4
					Data below this line is
					not shown on graph
900-949.99	900.00	1	.1	.1	99.5
1100-1149.99	1100.00	1	.1	.1	99.7
1350-1399.99	1350.00	1	.1	.1	99.8
1550-1599.99	1550.00	1	.1	.1	99.9
1600-1649.99	1600.00	1	.1	.1	100.0
Missing	.	217	20.0	Missing	
	Total	1087	100.0	100.0	

Statistics for DELTAPU:

Mean	97.241	Median	69.848	Mode	100.000
Std dev	129.430	Variance	16752.228	Range	1670.270
Minimum	-70.270	Maximum	1600.000		

Valid cases   870   Missing cases   217

Formula: DELTAPU := ((OC_PU4-OC_PU1)/OC_PU1)*100

FJ '88 % CHANGE FROM PU1 TO PU4 – MALE

Std. Dev = 129.43

Mean = 97

N = 870.00

Number of Recruits

600
500
400
300
200
100
0

-75 25 75 175 225 275 375 425 525 625 725 825
   -25   125   325   475 575 675 775 875

% Change from Push-Ups for PT Test 1 to Push-Ups for PT Test 4

FJ Charts:FJ del%PU - Male 1/24/97   [900%=10 fold increase]

del%PU categories: (100)-(50.1), (50)-(0.1), 0-49.9, ..., 850-899.9

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DELTASU1   % Change from Sit-Ups for PT Test 1 to Sit-Ups for PT Test 4 for MALES

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
-50-(-.01)	-50.00	16	1.5	1.8	1.8
0-49.99	.00	446	41.0	50.8	52.6
50-99.99	50.00	299	27.5	34.1	86.7
100-149.99	100.00	77	7.1	8.8	95.4
150-199.99	150.00	22	2.0	2.5	97.9
200-249.99	200.00	6	.6	.7	98.6
250-299.99	250.00	2	.2	.2	98.9
300-349.99	300.00	6	.6	.7	99.5
400-449.99	400.00	1	.1	.1	99.7
450-499.99	450.00	1	.1	.1	99.8
900-949.99	900.00	1	.1	.1	99.9
1600-1649.99	1600.00	1	.1	.1	100.0
Missing	.	209	19.2	Missing	
	Total	1087	100.0	100.0	

Note: Data below this
line is not shown on graph

Statistics for DELTASU:

Mean	60.152	Median	47.777	Mode	50.000
Std dev	77.712	Variance	6039.198	Range	1665.217
Minimum	-31.884	Maximum	1633.333		

Valid cases   878   Missing cases   209

Formula: DELTASU := ((OC_SU4-OC_SU1)/OC_SU1)*100

FJ '88 % CHANGE FROM SU1 TO SU4 - MALE

Std. Dev = 77.71

Mean = 60

N = 878.00

Number of Recruits

800
700
600
500
400
300
200
100
0

-25 25 75 125 175 225 275 325 375 425 475 525 575 625 675 725 775 825 875

% Change From Sit-Ups for PT Test 1 to Sit-Ups for PT Test 4

FJ Charts:FJ del%SU - Male 1/24/97   [900%=10 fold increase]

del%SU categories: (-50)-(-0.1), 0-49.9, 50-99.9 ..., 850-899.9

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DEL_RUN   % Change from Run Time 1 to Run Time 4 for MALES

Value Label	Value	Frequency	Percent	Valid Percent	Cum Percent
-45-(-40.1)	-45.00	2	.5	.6	.6
-35-(-30.1)	-35.00	9	2.0	2.5	3.0
-30-(-25.1)	-30.00	20	4.5	5.5	8.5
-25-(-20.1)	-25.00	42	9.5	11.6	20.1
-20-(-15.1)	-20.00	88	19.9	24.2	44.4
-15-(-10.1)	-15.00	82	18.6	22.6	66.9
-10-(-5.1)	-10.00	76	17.2	20.9	87.9
-5-(-0.1)	-5.00	25	5.7	6.9	94.8
0-4.9	.00	10	2.3	2.8	97.5
5-9.9	5.00	6	1.4	1.7	99.2
10-14.9	10.00	2	.5	.6	99.7
15-19.9	15.00	1	.2	.3	100.0
Missing	.	79	17.9	Missing	
	Total	442	100.0	100.0	

Statistics for DELTARUN:

Mean	-13.711	Median	-13.797	Mode	-23.754
Std dev	8.562	Variance	73.303	Range	57.370
Minimum	-42.308	Maximum	15.062		

* Multiple modes exist. The smallest value is shown.

Valid cases   363   Missing cases   79

Note: The Percent Change is calculated for 2 Mile runners on PT Test 1 only.